

# January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Return to School	9 2024 Player Meeting	10 Weight Room 315-445	11 Weight Room 315-445	12	13
14	15	16 Weight Room 315-445	17 Weight Room 315-445	18 Weight Room 315-445	19	20
21	22	23 Weight Room 315-445	24 Weight Room 315-445	25 Weight Room 315-445	26	27
28	29	30 Weight Room 315-445	31 Weight Room 315-445			

UPDATED: February 17, 2024

# February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Weight Room 315-445	7 Weight Room 315-445	8 Weight Room 315-445	9	10
11	12	13 Weight Room 315-445	14 Weight Room 315-445	15 Weight Room 315-445 EARLY DISMISSAL	16 Pro D Day	17
18	19 Family Day	20 Weight Room 315-445	21 Weight Room 315-445	22 Weight Room 315-445	23	24
25	26	27 Weight Room 315-445	28 Weight Room 315-445	29 Weight Room 315-445		

Skill work will be added starting in February (QB/WR/ RB & O-Line sessions) DAYS TBD.

UPDATED: February 17, 2024

# March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 REGISTRATION FEE DEADLINE	2
3	4	5 Weight Room 315-445 LIFTATHON Handouts	6 Weight Room 315-445	7 Weight Room 315-445	8	9
10	11	12 Weight Room 315-445	13 Weight Room 315-445	14 Weight Room 315-445	15 Spring Break	16
17	18 Spring Break	19 Weight Room TBD Spring Break	20 Weight Room TBD Spring Break	21 Weight Room TBD Spring Break	22 Spring Break	23
24	25 Spring Break YOUTH FOOTBALL CAMP	26 Weight Room TBD Spring Break YOUTH FOOTBALL CAMP	27 Weight Room TBD Spring Break YOUTH FOOTBALL CAMP	28 Weight Room TBD Spring Break YOUTH FOOTBALL CAMP	29 Good Friday YOUTH FOOTBALL CAMP	30
31						

UPDATED: February 17, 2024

# April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Weight Room 315-445 *LIFTATHON*	3 Weight Room 315-445 *LIFTATHON*	4 Weight Room 315-445 *LIFTATHON*	5	6
7	8	9 Weight Room 315-445	10 Weight Room 315-445	11 Weight Room 315-445	12	13
14	15	16 Weight Room 315-445	17 Weight Room 315-445	18 Weight Room 315-445	19	20
21	22	23 Weight Room 315-445	24 Weight Room 315-445	25 Weight Room 315-445 **LIFTATHON \$\$\$ DUE**	26	27
28	29	30 Weight Room 315-445				

UPDATED: February 17, 2024

# May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weight Room 315-445 \$700 TRIP DEPOSIT DUE	2 Weight Room 315-445	3	4
5	6	7 Weight Room 315-445	8 Weight Room 315-445	9 Weight Room 315-445	10	11
12	13	14 Weight Room 315-445	15 Weight Room 315-445	16 Weight Room 315-445	17	18
19	20 VICTORIA DAY NO SCHOOL	21 Weight Room 315-445	22 Weight Room 315-445	23 Varsity Spring Camp Meeting/ Walkthru	24 Varsity Spring Camp 320-530pm	25
26	27 BOTH Spring Camp 320-530pm	28 BOTH Spring Camp 320-530pm	29 BOTH Spring Camp 320-530pm	30 BOTH Spring Camp 320-530pm	31 VARSITY Spring Camp 320-530pm	

UPDATED: February 17, 2024

# June 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 BOTH Spring Camp 320-530pm	4 BOTH Spring Camp 320-530pm	5 BOTH Spring Camp 320-530pm	6 Varsity Spring Scrimmage Bellingham	7	8
9	10 JV Spring Camp 320-530pm	11 JV Spring Camp 320-530pm	12 JV Spring Camp 320-530pm	13 JV WALKTHRU 320-530pm	14 JV Spring Scrimmage	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

UPDATED: February 17, 2024

# July 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 WARRIOR WORKOUTS	3 WARRIOR WORKOUTS	4 WARRIOR WORKOUTS	5	6
7	8	9 WARRIOR WORKOUTS	10 WARRIOR WORKOUTS	11 WARRIOR WORKOUTS	12	13
14	15	16 WARRIOR WORKOUTS	17 WARRIOR WORKOUTS	18 WARRIOR WORKOUTS	19	20
21	22	23 WARRIOR WORKOUTS	24 WARRIOR WORKOUTS	25 WARRIOR WORKOUTS	26	27
28	29	30 WARRIOR WORKOUTS	31 WARRIOR WORKOUTS			

**SUMMER WARRIOR WORKOUTS DAYS AND TIMES TBD**

**UPDATED: February 17, 2024**

# August 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 WARRIOR WORKOUTS	2	3
4	5 BC DAY	6	7	8	9	10
11	12	13	14 TEAM MEETING TIME TBD Equipment	15 Film / Meeting / Weightroom Equipment	16 Film / Meeting / Weightroom Equipment	17
18	19 MANDATORY FALL CAMP 4:30 - Weights/Meetings 6-7:30 PM - Practice 8-9:30 PM - Practice	20 MANDATORY FALL CAMP 4:30 - Weights/Meetings 6-7:30 PM - Practice 8-9:30 PM - Practice	21 MANDATORY FALL CAMP 4:30 - Weights/Meetings 6-7:30 PM - Practice 8-9:30 PM - Practice	22 MANDATORY FALL CAMP 4:30 - Weights/Meetings 6-7:30 PM - Practice 8-9:30 PM - Practice	23 MANDATORY FALL CAMP 4:30 - Weights/Meetings 6-7:30 PM - Practice 8-9:30 PM - Practice	24
25	26 MANDATORY FALL CAMP  TRAVEL TBD	27 MANDATORY FALL CAMP  TRAVEL TBD	28 MANDATORY FALL CAMP  TRAVEL TBD	29 MANDATORY FALL CAMP  TRAVEL TBD	30 **VARSITY GAME** @ MARY PERSONS 730pm	31 TRAVEL TBD

UPDATED: February 17, 2024



# September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 TRAVEL TBD	2 Labour Day	3 Practice 300-530	4	5	6 Varsity Game @ home vs GW Graham 730pm	7
8	9	10	11	12	13 Varsity Game @ Abbotsford Collegiate	14
15	16	17	18	19	20 Varsity Game @home vs Notre Dame 730pm	21
22	23	24	25	26	27 Varsity Game @home vs Handsworth 730pm (Homecoming)	28
29	30					

UPDATED: February 17, 2024

# October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Varsity Game @home vs Centennial 730pm	5
6	7	8	9	10	11 Varsity Game @ Terry Fox	12
13	14	15	16	17	18 Varsity Game @ Lord Tweedsmuir	19
20	21	22	23	24	25 Varsity Game @home vs Seaquam 730pm	26
27	28	29	30	31		

UPDATED: February 17, 2024

# November 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Varsity Game @ STM	2
3	4	5	6	7	8 WILDCARD Playoffs TBD	9
10	11	12	13	14	15 Quarter Finals WILDCARD Playoffs TBD	16
17	18	19	20	21	22 Semi Finals WILDCARD Playoffs TBD	23
24	25	26	27	28	29 AAA Finals WILDCARD Playoffs TBD	30

UPDATED: February 17, 2024

# December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Hyack Awards Banquet **Tentative**
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				