

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's day	2	3	4	5	6
7 LIFT PHASE 1	8 Lift Only 1:45-2:45	9 Lift Only 1:45-2:45	10 Lift Only 1:45-2:45	11 Lift Only 1:45-2:45	12 Lift Only 1:45-2:45	13
14	15 M L King Day	16 Lift Only 1:45-2:45	17 Lift Only 1:45-2:45	18 Lift Only 1:45-2:45	19 Lift Only 1:45-2:45	20
21	22 FINALS	23 FINALS	24 FINALS	25 NO SCHOOL	26 NO SCHOOL	27
28	29 1:45-2:30 Conditioning 2:30-3:45 Lift	30 1:45-2:30 Conditioning 2:30-3:45 Lift	31 1:45-2:30 Conditioning 2:30-3:45 Lift			

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:45-2:30 Conditioning 2:30-3:45 Lift	2 1:45-2:30 Conditioning 2:30-3:45 Lift	3
4	5 1:45-2:30 Conditioning 2:30-3:45 Lift	6 1:45-2:30 Conditioning 2:30-3:45 Lift	7 1:45-2:30 Conditioning 2:30-3:45 Lift	8 1:45-2:30 Conditioning 2:30-3:45 Lift	9 1:45-2:30 Conditioning 2:30-3:45 Lift	10
11	12 1:45-2:30 Conditioning 2:30-3:45 Lift	13 1:45-2:30 Conditioning 2:30-3:45 Lift	14 1:45-2:30 Conditioning 2:30-3:45 Lift	15 1:45-2:30 Conditioning 2:30-3:45 Lift	16 1:45-2:30 Conditioning 2:30-3:45 Lift	17
18	19 President's Day	20 1:45-2:30 Conditioning 2:30-3:45 Lift	21 1:45-2:30 Conditioning 2:30-3:45 Lift	22 1:45-2:30 Conditioning 2:30-3:45 Lift	23 1:45-2:30 Conditioning 2:30-3:45 Lift	24
25	26 1:45-2:30 Conditioning 2:30-3:45 Lift	27 1:45-2:30 Conditioning 2:30-3:45 Lift	28 1:45-2:30 Conditioning 2:30-3:45 Lift			

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:45-2:30 Conditioning 2:30-3:45 Lift	2 1:45-2:30 Conditioning 2:30-3:45 Lift	3
4	5 1:45-2:30 Conditioning 2:30-3:45 Lift	6 1:45-2:30 Conditioning 2:30-3:45 Lift	7 1:45-2:30 Conditioning 2:30-3:45 Lift	8 1:45-2:30 Conditioning 2:30-3:45 Lift	9 1:45-2:30 Conditioning 2:30-3:45 Lift	10
11	12 1:45-2:30 Conditioning 2:30-3:45 Lift	13 1:45-2:30 Conditioning 2:30-3:45 Lift	14 1:45-2:30 Conditioning 2:30-3:45 Lift	15 1:45-2:30 Conditioning 2:30-3:45 Lift	16 1:45-2:30 Conditioning 2:30-3:45 Lift	17
18	19 1:45-2:30 Conditioning 2:30-3:45 Lift	20 1:45-2:30 Conditioning 2:30-3:45 Lift	21 1:45-2:30 Conditioning 2:30-3:45 Lift	22 1:45-2:30 Conditioning 2:30-3:45 Lift	23 1:45-2:30 Conditioning 2:30-3:45 Lift	24
25	26 1:45-2:30 Conditioning 2:30-3:45 Lift	27 1:45-2:30 Conditioning 2:30-3:45 Lift	28 1:45-2:30 Conditioning 2:30-3:45 Lift	29 1:45-2:30 Conditioning 2:30-3:45 Lift	30 1:45-2:30 Conditioning 2:30-3:45 Lift	31

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2	3	4	5	6	7
8	9 1:45-2:30 Conditioning 2:30-3:45 Lift	10 1:45-2:30 Conditioning 2:30-3:45 Lift	11 1:45-2:30 Conditioning 2:30-3:45 Lift	12 1:45-2:30 Conditioning 2:30-3:45 Lift	13 1:45-2:30 Conditioning 2:30-3:45 Lift	14
15	16 1:45-2:30 Conditioning 2:30-3:45 Lift	17 1:45-2:30 Conditioning 2:30-3:45 Lift	18 1:45-2:30 Conditioning 2:30-3:45 Lift	19 1:45-2:30 Conditioning 2:30-3:45 Lift	20 1:45-2:30 Conditioning 2:30-3:45 Lift	21
22	23 1:45-2:30 Conditioning 2:30-3:45 Lift	24 1:45-2:30 Conditioning 2:30-3:45 Lift	25 1:45-2:30 Conditioning 2:30-3:45 Lift	26 1:45-2:30 Conditioning 2:30-3:45 Lift	27 1:45-2:30 Conditioning 2:30-3:45 Lift	28
29	30 Spring Practice					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Spring Practice	2 Spring Practice	3 Spring Practice	4	5
6	7 Spring Practice	8 Spring Practice	9 Spring Practice	10 Spring Practice	11	12
13 Mother's Day	14 Spring Practice	15 Spring Practice	16 Spring Practice	17 Spring Practice	18	19
20	21 Spring Practice	22 Spring Practice	23 Spring Practice	24 Spring Practice	25	26
27	28 Memorial Day	29 Dead Period	30 Dead Period	31 Dead Period		

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Dead Period	5 Dead Period	6 Dead Period	7 Dead Period	8 Dead Period	9
10	11 Dead Period	12 Dead Period	13 Dead Period	14 LAST DAY OF SCHOOL	15 Dead Period	16
17 Father's Day	18 Summer Prac 1	19 Summer Prac 2	20 Summer Prac 3	21 Summer Prac 4	22	23
24	25 Summer Prac 5	26 Summer Prac 6	27 Summer Prac 7	28 Summer Prac 8	29	30

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Summer Prac 9	3 Summer Prac 10	4 Independence Day	5 NO PRACTICE	6	7
8	9 Summer Prac 11	10 Summer Prac 12	11 Summer Prac 13	12 Summer Prac 14	13	14
15	16 No Practice	17 No Practice	18 No Practice	19 No Practice	20 No Practice	21
22	23 Fall Camp Opens	24	25	26	27	28
29	30 Pad Prac 1	31				

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Inter-Squad & BBQ	4
5	6	7	8	9	10 SCRIMMAGE @ SJB	11
12	13	14	15	16	17 @ LB Wilson 7:00 PM	18
19	20	21	22	23	24 @ Cal Hi 7:00 PM	25
26	27	28	29	30	31 @ Lakewood 7:00PM	

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day	4	5	6	7 @ Santa Margarita (Trabuco Hills HS) 7:00 PM	8
9	10	11	12	13	14 @ Warren 7:00 PM	15
16	17	18	19	20	21 @ Gahr 7:00 PM	22
23	24	25	26	27 sjb	28 St Francis 7:00 PM	29
30						

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 BYE	6
7	8 Columbus Day	9	10	11	12sjb Bellflower 7:00	13
14	15	16	17	18	19 @ La Mirada 7:00 PM	20
21	22	23	24	25 sjb	26 Norwalk 7:00 PM	27
28	29	30	31 Halloween			

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 CIF Playoffs Rd 1	3
4	5	6	7	8	9 CIF Playoffs Rd 2	10
11 Veterans Day	12	13	14	15	16 CIF Semi Finals	17
18	19	20	21	22 Thanksgiving Day	23 CIF Finals	24
25	26	27	28	29	30 State Playoff Regional Round	

December 2018

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