

# January 2018

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

# February 2018

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

# March 2018

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

# April 2018

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

# May 2018

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

# June 2018

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

# July 2018

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

# August 2018

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



# September 2018

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

# October 2018

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

# November 2018

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

# December 2018

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