

April 2019

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

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weight Room 3pm	2 Weight Room 3pm	3	4
5	6 Weight Room 3pm	7 Weight Room 3pm	8 Weight Room 3pm	9 Weight Room 3pm	10	11
12	13 Weight Room 3pm	14 Weight Room 3pm	15 Weight Room 3pm	16 Weight Room 3pm	17	18
19	20 *Spring Ball	21 CHS Sports Physicals 5:30-7pm	22	23	24 Frosh Camp Equipment Check-out (after practice)	25
26	27 NO SCHOOL MEMORIAL DAY	28 Frosh Camp @ CHS 6-8pm *Spring Ball	29 Frosh Camp @ CHS 6-8pm	30 Frosh Camp @ RMHS 6-8pm	31 Frosh Camp @ RMHS 6-8pm	
<div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 80%;"> <p>*Spring Ball is for all players entering 9th -12th grades. Practices will be at Centennial High. JV/Varsity = 3:15-5:30pm Freshmen = 4-5:30pm</p> </div>						

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Summer Prog. @ 7am (9-12 grades)	4 Summer Prog. @ 7am (9-12 grades)	5 Summer Prog. @ 7am (9-12 grades)	6 Varsity/JV Camp Equipment Check-out (after) Summer Prog. @ 7am (9-12 grades)	7	8
9	10 Summer Prog. @ 7am (9-12 grades)	11 Summer Prog. @ 7am (9-12 grades)	12 Summer Prog. @ 7am (9-12 grades)	13 Summer Prog. @ 7am (9-12 grades)	14 No Football	15
16	17 Summer Prog. @ 7am (9-12 grades)	18 Summer Prog. @ 7am (9-12 grades)	19 Summer Prog. @ 7am (9-12 grades)	20 Summer Prog. @ 7am (9-12 grades)	21 No Football	22
23	24 Summer Prog. @ 7am (9-12 grades)	25 Summer Prog. @ 7am (9-12 grades)	26 Summer Prog. @ 7am (9-12 grades)	27 7 on 7 @ Ridgeview 10am Summer Prog. @ 7am (9-12 grades)	28 No Football	29
30						

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Summer Prog. @ 7am (9-12 grades)	2 Summer Prog. @ 7am (9-12 grades)	3 No Football	4 Independence Day No Football	5 No Football	6
7	8 Summer Prog. @ 7am (9-12 grades)	9 Pads for EOU Camp Prep Summer Prog. @ 7am (9-12 grades)	10 Pads for EOU Camp Prep Summer Prog. @ 7am (9-12 grades)	11 Pads for EOU Camp Prep Summer Prog. @ 7am (9-12 grades)	12 No Football	13
14	15 EOU CAMP (Varsity/JV only) Summer Prog. @ 7am (9-12 grades)	16 Summer Prog. @ 7am (9-12 grades)	17 Summer Prog. @ 7am (9-12 grades)	18 Summer Prog. @ 7am (9-12 grades)	19	20
21	22 Summer Prog. @ 7am (9-12 grades)	23 Summer Prog. @ 7am (9-12 grades)	24 Summer Prog. @ 7am (9-12 grades)	25 Summer Prog. @ 7am (9-12 grades)	26 No Football	27
28	29 Vacation	30	31			

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Vacation →	2	3
4	5 Vacation →	6	7	8	9	10
11	12 2 A Day - Helmet	13 2 A Day - Helmet	14 2 A Day - Shell	15 1 A Day - Shell	16 2 A Day - Full	17 1 A Day - Full
18	19 2 A Day - Full	20 1 A Day - Full	21 2 A Day - Full	22 1 A Day - Full	23 1 A Day - Full	24 Film/Lift @ 8am
25	26 School Starts Practice @ 3:10	27	28	29	30	31