



March 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--|--|--|-----------|
| | | 1 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 2 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 3 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 4 7:30-9:00 AM Goal Cards and Competition | 5 |
| 6 | 7 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 8 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 9 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 10 Midterms | 11 Midterms | 12 |
| 13 | 14 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 15 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 16 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 17 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 18 7:30-9:00 AM Goal Cards and Competition | 19 |
| 20 | 21 Spring Break | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 Off | 29 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 30 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 31 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | | |
| | Notes: AAU- T/TH 3:00-4:15 | | | | | |



April 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|---|--|--|
| | | | | | 1 7:30-9:00 AM Goal Cards and Competition ST 7:00-7:20 | 2 |
| 3 | 4 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 5 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 6 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 7 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning AAU @ Whitney | 8 7:30-9:00 AM Goal Cards and Competition ST 7:00-7:20 | 9 |
| 10 | 11 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 12 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 13 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 14 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning AAU @ Whitney | 15 7:30-9:00 AM Goal Cards and Competition ST 7:00-7:20 | 16 |
| 17 | 18 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 19 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 20 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 21 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning AAU @ Whitney | 22 7:30-9:00 AM Goal Cards and Competition ST 7:00-7:20 | 23 |
| 24 | 25 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 26 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 27 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 28 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning AAU @ Whitney | 29 7:30-9:00 AM Goal Cards and Competition ST 7:00-7:20 | 30 Running with the Pack Time- TBD |
| | AAU Tuesday- 3:00-4:15 Thursday- 5:00 | | | | | |



May 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--|--|---|--|--|--|
| 1 | 2 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 3 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 4 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 5 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning AAU @ Whitney | 6 7:30-9:00 AM Goal Cards and Competition ST 7:00-7:20 | 7 Running with the Pack Time- TBD |
| 8 | 9 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 10 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 11 7:00-9:00 AM O- 7:00-7:40 7:45-9:00-Weights and Conditioning | 12 7:00-9:00 AM D- 7:00-7:40 7:45-9:00-Weights and Conditioning | 13 7:30-9:00 AM Goal Cards and Competition ST 7:00-7:20 | 14 Running with the Pack Time- TBD |
| 15 | 16 7:00-9:00-Defense 3:00-4:20-Offense | 17 7:00-9:00-Offense 3:00-4:20-Defense | 18 7:00-9:00-Defense 3:00-4:20-Offense Physicals- Dated after May 18 th | 19 7:00-9:00-Offense 3:00-4:20-Defense | 20 7:30-9:00 AM Goal Cards and Competition ST 7:00-7:20 | 21 Running with the Pack Time- TBD |
| 22 | 23 7:45-9:00 AM <u>Lift-a-thon</u> Varsity- 6 PM (Gym) JV- 6 PM (WR) | 24 7:45-9:00 AM | 25 Finals | 26 Finals | 27 Graduation | 28 |
| 29 AAU Thursday- 6:00 | 30 Off → | 31 | | | | |



June 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--------------------------------|--|--|--|
| | | | 1 Off | 2 | 3 | 4 |
| 5 | 6 Varsity 7:30-11:00 AM | 7 Varsity 7:30-11:00 AM 7 on 7 vs. Lincoln 6:00 PM | 8 Varsity 7:30-11:00 AM | 9 Varsity 7:30-11:00 AM 7 on 7 @ Lincoln 6:00 PM | 10 Varsity 7:30-9:30 AM | 11 |
| 12 | 13 Varsity 7:30-11:00 AM | 14 Varsity 7:30-11:00 AM 7 on 7- TBD | 15 Varsity 7:30-11:00 AM | 16 Varsity 7:30-11:00 AM 7 on 7- TBD | 17 Varsity 7:30-9:30 AM Gold Card KO- 10:00 AM | 18 |
| 19 | 20 Varsity 7:30-11:00 AM Freshman Start | 21 Varsity 7:30-11:00 AM 7 on 7 vs. Del Campo- 6:00 PM | 22 Varsity 7:30-11:00 AM | 23 Varsity 7:30-11:00 AM 7 on 7 @ Del Campo- 6:00 PM | 24 Varsity 7:30-9:30 AM | 25 Gold Card Blitz: 10-2 All levels |
| 26 | 27 Varsity 7:30-11:00 AM | 28 Varsity 7:30-11:00 AM | 29 Varsity 7:30-11:00 AM | 30 Off | | |



July 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|------------------------------|---|--------------------------------|---|-------------------------------|-----------------------------------|
| | | | | | 1 Off | 2 |
| 3 | 4 Off Independence Day | 5 Off | 6 Varsity 7:30-11:00 AM | 7 Varsity 7:30-11:00 AM 7 on 7 vs. Vista Del Lago- 6:00 PM | 8 Depart for San Mateo | 9 San Mateo Passing Tournament |
| 10 Depart for Home Time- TBD | 11 Off | 12 Varsity 7:30-11:00 AM 7 on 7 vs. Whitney 6:00 PM | 13 Varsity 7:30-11:00 AM | 14 Varsity 7:30-11:00 AM 7 on 7 vs. Whitney 6:00 PM | 15 Varsity 7:30-9:30 AM | 16 |
| 17 | 18 Dead Period | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 Dead Period | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |



August 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--|--|--|--|
| | 1 Weights, Film and Conditioning: 8:00-11:00 AM | 2 Weights, Film and Conditioning: 8:00-11:00 AM | 3 Weights, Film and Conditioning: 8:00-11:00 AM | 4 Weights, Film and Conditioning: 8:00-11:00 AM | 5 Weights, Film and Conditioning: 8:00-11:00 AM | 6 Dinner Auction Night: Time-6:30-10 PM Place-Roseville Sports Complex |
| 7 | 8 Practice- 3:30-6:30 Helmets | 9 Practice- 3:30-6:30 Helmets | 10 1 st Day of School Practice- 3:05-6:00 Full Gear | 11 Practice- 3:05-6:00 | 12 T-Wolves Scrimmage at 3:30 PM | 13 Special Teams and Film- 8:00 AM Pictures-11:00 AM |
| 14 | 15 Practice- 3:05-6:00 | 16 Practice- 3:30-6:30 | 17 Practice- 3:05-6:00 | 18 Practice- 3:05-6:00 | 19 Practice- 3:05-6:00 | 20 Scrimmage vs. Del Campo- 8:00 AM JV and Frosh- 10:30 AM |
| 21 | 22 Practice- 3:05-5:30 | 23 Practice- 3:05-6:00 | 24 Practice- 3:05-6:00 | 25 Practice- 6:30-8:50 AM Team Dinner- 4:45 Frosh vs. Sheldon 5:30 PM | 26 VS. Sheldon Varsity- 7:30 JV- 5:15 | 27 |
| 28 | 29 Practice- 3:05-5:30 | 30 Practice- 3:05-6:00 | 31 Practice- 3:05-6:00 | | | |



September 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|----------------------------------|----------------------------------|--|---|----------|
| | | | | 1 Practice- 6:30-8:50 AM Frosh @ Davis Time- TBD | 2 @ Davis Varsity- TBD JV- TBD | 3 |
| 4 | 5 Labor Day Practice- 4:00-7:00 PM | 6 Practice- 3:05-6:00 | 7 Practice- 3:05-6:00 | 8 Practice- 6:30-8:50 AM Team Dinner- 4:45 Frosh vs. Antelope 5:30 PM | 9 VS. Antelope Varsity- 7:30 JV- 5:15 | 10 |
| 11 | 12 Practice- 3:05-5:30 | 13 Practice- 3:05-6:00 | 14 Practice- 3:05-6:00 | 15 Practice- 6:30-8:50 AM Frosh @ Vintage 5:30 PM | 16 @ Vintage Varsity- TBD JV- TBD | 17 |
| 18 | 19 Practice- 3:05-5:30 | 20 Practice- 3:30-6:30 | 21 Practice- 3:05-6:00 | 22 Practice- 6:30-8:50 AM Frosh @ Folsom 5:30 PM | 23 @ Folsom Varsity- 7:30 JV- 5:15 | 24 |
| 25 | 26 Practice- 3:05-5:30 | 27 Practice- 3:05-6:00 | 28 Practice- 3:05-6:00 | 29 Practice- 6:30-8:50 AM Frosh @ Oak Ridge 5:30 PM | 30 @ Oak Ridge Varsity- 7:30 JV- 5:15 | |



October 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|----------------------------------|----------------------------------|--|---|----------|
| | | | | | | 1 |
| 2 | 3 Practice- 3:05-5:30 | 4 Practice- 3:05-6:00 | 5 Practice- 3:05-6:00 | 6 Practice- 6:30-8:50 AM Team Dinner- 4:45 Frosh vs. Nevada Union- 5:30 PM | 7 VS. Nevada Union Varsity- 7:30 JV- 5:15 | 8 |
| 9 | 10 Off Coaches Meeting- 3:00 PM | 11 Practice- 3:05-5:30 | 12 Practice- 3:05-5:30 | 13 Practice- 6:30-8:50 AM | 14 Bye Off | 15 |
| 16 | 17 Practice- 3:05-5:30 | 18 Practice- 3:30-6:30 | 19 Practice- 3:05-6:00 | 20 Practice- 6:30-8:50 AM Team Dinner- 4:45 Frosh vs. Rocklin 5:30 PM | 21 VS. Rocklin Varsity- 7:30 JV- 5:15 | 22 |
| 23 | 24 Practice- 3:05-5:30 | 25 Practice- 3:05-6:00 | 26 Practice- 3:05-6:00 | 27 Practice- 6:30-8:50 AM Team Dinner- 4:45 Frosh vs. Granite Bay- 5:30 PM | 28 VS. Granite Bay Varsity- 7:30 JV- 5:15 *Senior Night | 29 |
| 30 | 31 Practice- 3:05-5:30 | | | | | |



November 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--------------------------|--------------------------|--|---|----------|
| | | 1 Practice- 3:05-6:00 | 2 Practice- 3:05-6:00 | 3 Practice- 6:30-8:50 AM Team Dinner- 4:45 Frosh @ Del Oro 5:30 PM | 4 @ Del Oro Varsity- 7:30 JV- 5:15 | 5 |
| 6 | 7 1 ST Round of the Playoffs | 8 | 9 | 10 | 11 Veterans Day | 12 |
| 13 | 14 2 nd Round of the Playoffs | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 3 rd Round of the Playoffs | 22 | 23 | 24 Thanksgiving | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |