

WILDCATS STRENGTH and PERFORMANCE Schedule- August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-Aug PRACTICE 3:15-6 PM	2-Aug PRACTICE 3:15-6 PM	3-Aug 3:15-6 PM FIRST DAY OF SCHOOL	4-Aug PRACTICE 3:15-6 PM	5-Aug PRACTICE 3:15-6 PM	6 PRACTICE FULL PADS 7:00-9:30 AM LIFT 9:30-10:30 AM
8 PRACTICE 3:15-6 PM	9 PRACTICE 3:15-6 PM	10 PRACTICE 3:15-6 PM	11 PRACTICE 3:15-6 PM Home Scrimmage VS Hamilton	12 JERSEY NIGHT PRACTICE 3:15-6 PM	13 PRACTICE AND PICTURES 7:00-9:30 AM PICTURE DAY
15 PRACTICE FULL PADS 3:15-6 PM	16 PRACTICE FULL PADS 3:15-6 PM	17 PRACTICE FULL PADS 3:15-6 PM	18 PRACTICE FULL PADS 3:15-6 PM	19 HOME GAME 7 PM Mesquite vs. Mesa 3:15-6 PM	20 PRACTICE 7:00-9:30 AM LIFT 9:30-10:30 AM
21 PRACTICE FULL PADS 3:15-6 PM	22 PRACTICE FULL PADS 3:15-6 PM	23 PRACTICE FULL PADS 3:15-6 PM	24 PRACTICE FULL PADS 3:15-6 PM	26 HOME GAME 7 PM Mesquite vs. Gilbert 3:15-6 PM	27 PRACTICE 7:00-9:30 AM LIFT 9:30-10:30 AM
29 PRACTICE FULL PADS 3:15-6 PM	30 PRACTICE FULL PADS 3:15-6 PM	31 Frosh Away Game 6 PM Mesquite vs Apollo Practice 3:15-6 PM	1 J.V. Home Game 7 PM Mesquite vs Apollo Practice 3:15-6 PM	2-Sep Away Game 7 PM Mesquite vs Apollo 3:15-6 PM	3-Sep PRACTICE 7:00-9:30 AM LIFT 9:30-10:30 AM

WILDCATS STRENGTH and PERFORMANCE Schedule- September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-Sep PRACTICE FULL PADS 3:15-6 PM	6 PRACTICE FULL PADS 3:15-6 PM	7 Frosh Away Game 6 PM Mesquite vs Ironwood FULL PADS 3:15-6 PM	8 J.V. Home Game 7 PM Mesquite vs Ironwood FULL PADS 3:15-6 PM	9 Away Game 7 PM Mesquite vs Ironwood 3:15-6 PM	10
12 PRACTICE FULL PADS 3:15-6 PM	13 PRACTICE FULL PADS 3:15-6 PM	14 Frosh Home Game 6 PM Mesquite vs Desert Edge FULL PADS 3:15-6 PM	15 J.V. Away Game 6 PM Mesquite vs Desert Edge FULL PADS 3:15-6 PM	16 HOME GAME 7 PM Mesquite vs. Desert Edge 3:15-6 PM	17
19 PRACTICE FULL PADS 3:15-6 PM	20 PRACTICE FULL PADS 3:15-6 PM	21 Frosh Away Game 6 PM CATS vs Raymond Kellis FULL PADS 3:15-6 PM	22 J.V. Home Game 6 PM CATS vs Raymond Kellis FULL PADS 3:15-6 PM	23 Away Game 7 PM Mesquite vs Raymond Kellis 3:15-6 PM	24
26 PRACTICE FULL PADS 3:15-6 PM	27 PRACTICE FULL PADS 3:15-6 PM	28 Frosh Home Game 6 PM CATS vs Queen Creek FULL PADS 3:15-6 PM	22 J.V. Away Game 6 PM CATS vs Queen Creek FULL PADS 3:15-6 PM	30 HOME GAME 7 PM Mesquite vs. Queen Creek 3:15-6 PM	1-Oct
3 PRACTICE FULL PADS 3:15-6 PM	4 PRACTICE FULL PADS 3:15-6 PM	5 PRACTICE FULL PADS 3:15-6 PM	6-Oct PRACTICE FULL PADS 3:15-6 PM	7-Oct NO GAME	8-Oct

WILDCATS STRENGTH and PERFORMANCE Schedule- October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3-Oct PRACTICE FULL PADS 3:15-6 PM	4 PRACTICE FULL PADS 3:15-6 PM	5 PRACTICE FULL PADS 3:15-6 PM	6 PRACTICE FULL PADS 3:15-6 PM	NO GAME	8
10 PRACTICE FULL PADS 3:15-6 PM	11 PRACTICE FULL PADS 3:15-6 PM	12 Frosh Away Game 6 PM CATS vs Vista Grande FULL PADS 3:15-6 PM	13 J.V. Home Game 6 PM CATS vs Vista Grande FULL PADS 3:15-6 PM	14 Away Game 7 PM Mesquite vs Vista Grande	15
17 PRACTICE FULL PADS 3:15-6 PM	18 PRACTICE FULL PADS 3:15-6 PM	19 Frosh Home Game 6 PM CATS vs Williams Field FULL PADS 3:15-6 PM	20 J.V. Away Game 6 PM CATS vs Williams Field FULL PADS 3:15-6 PM	21 HOME GAME 7 PM Mesquite vs. Williams Field	22
24 PRACTICE FULL PADS 3:15-6 PM	25 PRACTICE FULL PADS 3:15-6 PM	26 Frosh Away Game 6 PM CATS vs Campo Verde FULL PADS 3:15-6 PM	27 J.V. Home Game 6 PM CATS vs Campo Verde	28 Away Game 7 PM Mesquite vs Campo Verde	29

WILDCATS STRENGTH and PERFORMANCE Schedule -November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31-Oct	1	2	3	4 STATE PLAYOFFS	5
7	8	9	10	11 STATE PLAYOFFS	12
14	15	16	17	18 STATE PLAYOFFS	19 Freshmen BANQUET, TBD
21	22	23	24 THANKSGIVING NO SCHOOL	25 STATE CHAMPIONSHIP NO SCHOOL	26
28	29-Oct	30-Oct	1-Dec	2-Dec	3-Dec

WILDCATS STRENGTH and PERFORMANCE Schedule-December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28-Nov	29	30	1	2	3
5 J.V. & VARSITY BANQUET, 6 pm	6	7	8	9	10
12	13	14	15	16	17
19 CLEAN WT Room & Lockerroom	20 CLEAN WT Room & Lockerroom	21 FINALS A-4-5-6 Release @ 12:20	22 FINALS 1-.2-3 Release @ 12:20	23	24
26	27	28	29-Dec	30-Dec	31-Dec NEW YEARS EVE