

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 After school weights begin	11	12 After School Weights <i>CC Intro and Nutrition Handout</i>	13
14	15 MLK Day No School	16	17 After School Weights CC Lesson 1 "Toughness"	18	19 After School Weights	20
21	22 After School Weights	23	24 After School Weights	25	26 After School Weights	27
28	29 After School Weights	30	31 After School Weights			

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 After School Weights	6	7 After School Weights	8	9 After School Weights	10
11	12 After School Weights	13	14 After School Weights	15 After School Weights	16 Glazier	17 Glazier
18	19 No School	20 No School	21 No School	22 No School	23 No School	24
25	26 After School Weights	27	28 After School Weights			

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 After School Weights	3
4	5 After School Weights	6	7 After School Weights	8	9 After School Weights	10
11	12 After School Weights	13	14 After School Weights	15	16 After School Weights	17
18	19 After School Weights	20	21 After School Weights	22	23 After School Weights	24
25	26 After School Weights	27	28 After School Weights	29	30 Cesar Chavez Day No School	31

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 After School Weights	3	4 After School Weights <u>Football Boosters Meet 6pm</u>	5	6 After School Weights	7
8	9 Spring Break St. Anthony's Service project	10 Spring Break	11 Spring Break	12 Spring Break	13 Spring Break	14
15	16 After School Weights	17	18 After School Weights	19	20 After School Weights	21 <u>Shindig</u>
22	23 After School Weights	24	25 After School Weights	26	27 After School Weights Minimum Day Early Dismissal	28
29	30 After School Weights <u>Football Boosters Meet 6PM in D6</u>					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 After School Weights	3	4 Launch It's It Fundraiser After School Weights 4:15 PM	5
6	7 After School Weights 5 Rep Max Broncos Board Meeting 6PM	8 Broncos Coaches Meet 6PM	9	10 Coaches Meet 6PM	11 After School Weights Field Testing (Need Help!)	12 Aptos Clinic All Day-Coaches Only
13	14 Lift - 5:00 Spring Practice 6:15-8:15	15 Spring Practice 3:30-5:30 -Specialists	16 Spring Practice 3:30-5:30 Specialists	17 Lift - 5:00 Spring Practice 6:15-8:15	18 Spring Practice 3:15-5:15 <u>It's It Money Turned In!</u>	19 CHS Powerlifting Competition All Day
20	21 Lift - 5:00 Spring Practice 6:15-8:15	22 Spring Practice 3:30-5:30 -Specialists	23 Spring Practice 3:30-5:30 Specialists	24 Lift - 5:00 Spring Practice 6:15-8:15	25 Spring Practice 3:30-5:30	26
27	28 Memorial Day No School	29 Off Finals Prep	30 After School Lift	31 Off Finals Prep		

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
					1 After School Lift <u>It's It Delivery Day</u>	2
3	4 After School Lift	5 After School Lift	6 After School Lift	7 Off	8 Graduation Day - Off	9
10	11 1:30 pm JV Chalk Talk 2:30 - 2:50 - Varsity Chalk Talk "O" Day	12 2:00 PM JV Lift 3:00 V "D" Day	13 2:00 PM JV Lift 3:00 V "O" Day	14 2:00 PM All Level Lift 4:30 7 on 7 at SM (Varsity only)	15 Parent Meetings in Student Union: Incoming 6PM Varsity (Mandatory) 7PM	16
17	18 1:30 pm JV Chalk Talk 2:30 - 2:50 - Varsity Chalk Talk "D" Day	19 2:00 PM JV Lift 3:00 Varsity "O" Day	20 2:00 PM JV Lift 3:00 Varsity "D" Day	21 2:00 PM All Level Lift 4:30 pm 7v7 @ Paly (Varsity & JV)	22 Off	23 <u>Paly Varsity</u> <u>Passing</u> Tourney All Day
24	25 1:30 pm JV Chalk Talk 2:30 - 2:50 - Varsity Chalk Talk "O" Day	26 2:00 PM JV Lift 3:00 Varsity "D" Day	27 2:00 PM JV Lift 3:00 Varsity "O" Day	28 2:00 PM All Level Lift 4:30 pm 7 on 7 @ SSF (Varsity & JV)	29 Off	30 <u>CSM Varsity</u> <u>Passing</u> <u>Tourney</u> All Day

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1:30 pm JV Chalk Talk 2:30 - 2:50 - Varsity Chalk Talk "D" Day	3 2:00 PM JV Lift 3:00 Varsity "O" Day	4 Off	5 2:00 PM JV Lift 3:00 Varsity "D" Day	6	7
8	9 1:30 pm JV Chalk Talk 2:30 - 2:50 - Varsity Chalk Talk "O" Day	10 2:00 PM JV Lift 3:00 Varsity "D" Day	11 2:00 PM JV Lift 3:00 Varsity "O" Day	12 2:00 PM All Level Lift 4:30 PM 7 on 7 @ Burlingame (Varsity & JV)	13 Off	14 Palo Alto HS JV Passing Tourney All Day
15	16 1:30 pm JV Chalk Talk 2:30 - 2:50 - Varsity Chalk Talk "D" Day	17 2:00 PM All level lift 5 PM 7 on 7 @ HMB (Varsity & JV)	18 2:00 PM JV Lift 3:00 Varsity "D" Day /	19 2:00 PM Varsity Lift 3:00 JV "O" Day	20 Off	21
22	23 <i>Dead Period No Football Activities</i>	24 <i>Dead Period No Football Activities</i>	25 <i>Dead Period No Football Activities</i>	26 <i>Dead Period No Football Activities</i>	27 <i>Dead Period No Football Activities</i>	28 <i>Dead Period No Football Activities</i>
29	30 <i>Dead Period No Football Activities</i>	31 <i>Dead Period No Football Activities</i>				

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 2PM Var/3 PM JV Gear Distribution Coaches Meet 4PM	3 V Practice #1 3 PM JV Practice: 4-6 pm	4 Mandatory JV Lift 9 AM V Practice #2 10 AM
5	6 <u>Card Fundraiser</u> <u>2:00 Launch</u> V Practice 3PM-6 Kickoff/KOR JV Practice: 4-6 pm	7 V Practice 3PM-6 Punt/PR JV Lift @2:15 pm; Practice: 4-6 pm	8 V Practice 3PM-6 PAT/FG JV Practice: 4-6 pm	9 V Practice 3PM-6 Review ST JV Lift @2:15 pm; Practice: 4-6 pm	10 V Practice 3PM Review ST JV Practice: 4-6 pm	11 Blue/White Game 10 AM JV 11 AM Varsity <u>12 PM BBQ and</u> <u>Pool Party</u>
12	13 V Practice 3PM JV Practice: 4-6 pm	14 V Practice 3PM JV Lift @2:15 pm; Practice: 4-6 pm	15 First Day of School JV Practice 3:40 PM V Practice 6-8:30 PM	16 V Practice 3:30 PM JV Practice: 3:40 pm	17 Scrimmage @ Palo Alto HS 4:30 PM	18 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
19	20 V Practice 3:30 PM JV Practice: 3:40 pm	21 Blitz Day	22 JV Practice 3:40 PM V Practice 6-8:30 PM	23 V Practice 3:30 PM JV Practice: 3:30 pm	24 Game 1 vs SHP	25 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
26	27 V Practice 3:30 PM JV Practice: 3:40 pm	28 V Practice 3:30 PM JV Practice: 3:40 pm	29 JV Practice 3:40 PM V Practice 6-8:30 PM	30 V Practice 3:30 PM JV Practice: 3:30 pm	31 Game 2 vs Terra Nova	

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
2	3 Labor Day Holiday	4	5	6	7 Game 3 vs Mt View	8 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
9	10	11	12	13	14 Game 4 @San Mateo	15 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
16	17	18	19	20	21 Bye Week - No Game Team Pictures after school	22 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
23	24	25	26	27	28 Game 5 @El Camino	29 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
30						

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Game 6 vs Capuchino	6 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
7	8	9	10	11	12 Game 7 @Jefferson	13 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
14	15	16	17	18	19 Game 8 @Mills	20 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
21	22	23	24	25	26 Game 9 @Woodside	27 Mandatory Both Teams JV Lift 9 AM Varsity Lift 10 AM
28	29	30	31			

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Game 10 @Sequoia	3 Mandatory Varsity Lift 10 AM
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving	23	24
25	26	27	28	29	30	

December 2018

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