

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> New Year's day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> 6:15 Weights	<b>12</b>
<b>13</b>	<b>14</b> 6:15 Weights	<b>15</b> Speed Training 6:15 AM	<b>16</b> 6:15 Weights <u>Football Boosters Meeting 6pm in D6</u>	<b>17</b>	<b>18</b> 6:15 Weights	<b>19</b>
<b>20</b>	<b>21</b> ML King Day	<b>22</b> Speed Training 6:15 AM	<b>23</b> 6:15 Weights	<b>24</b>	<b>25</b> 6:15 Weights	<b>26</b>
<b>27</b> SUHSD Coaches Meet Canyon Inn 4:00 PM	<b>28</b> 6:15 Weights	<b>29</b> Speed Training 6:15 AM	<b>30</b> 6:15 Weights	<b>31</b>		

# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 6:15 Weights	2
3	<b>4</b> 6:15 Weights	<b>5</b> Speed Training 6:15 AM	<b>6</b> 6:15 Weights	<b>7</b>	<b>8</b> 6:15 Weights	9
10	<b>11</b> 6:15 Weights	<b>12</b> Speed Training 6:15 AM Boosters 6PM	<b>13</b> 6:15 Weights Boosters Meet 6PM	<b>14</b> Valentine's Day	<b>15</b> 6:15 Weights <u>Glazier Coaches Clinic Burlingame</u>	<b>16</b> <u>Glazier Coaches Clinic Burlingame</u>
<b>17</b> <u>Glazier Coaches Clinic</u>	<b>18</b> No School President's Day	<b>19</b> No School	<b>20</b> No School	<b>21</b> No School	<b>22</b> No School	23
24	<b>25</b> 6:15 Weights	<b>26</b> Speed Training 6:15 AM	<b>27</b> 6:15 Weights	<b>28</b>		

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 6:15 Weights	2
3	<b>4</b> 6:15 Weights	<b>5</b> Speed Training 6:15 AM	<b>6</b> 6:15 Weights	<b>7</b>	<b>8</b> 6:15 Weights Glazier Coaches Clinic Reno	9 Glazier Coaches Clinic Reno
10 Glazier Coaches Clinic Reno	<b>11</b> 6:15 Weights	<b>12</b> Speed Training 6:15 AM	<b>13</b> 6:15 Weights	<b>14</b>	<b>15</b> 6:15 Weights	16
17	<b>18</b> 6:15 Weights	<b>19</b> Speed Training 6:15 AM	<b>20</b> 6:15 Weights	<b>21</b>	<b>22</b> 6:15 Weights	23
24	<b>25</b> 6:15 Weights	<b>26</b> Speed Training 6:15 AM	<b>27</b> 6:15 Weights	<b>28</b>	<b>29</b> 6:15 Weights	30
31						

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Spring Break <u>St. Anthony's</u> <u>Service Project</u>	<b>2</b> Spring Break	<b>3</b> Spring Break	<b>4</b> Spring Break	<b>5</b> Spring Break	6
7	<b>8</b> 6:15 Weights	<b>9</b> Speed Training 6:15 AM	<b>10</b> 6:15 Weights	<b>11</b>	<b>12</b> 6:15 Weights	13
14	<b>15</b> 6:15 Weights	<b>16</b> Speed Training 6:15 AM	<b>17</b> 6:15 Weights	<b>18</b>	<b>19</b> 6:15 Weights	20
21 Easter	<b>22</b> 6:15 Weights	<b>23</b> Speed Training 6:15 AM	<b>24</b> 6:15 Weights	<b>25</b>	<b>26</b> 6:15 Weights	27
28	<b>29</b> 6:15 Weights	<b>30</b> Speed Training 6:15 AM				

# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 6:15 Weights	<b>2</b>	<b>3</b> 6:15 Weights 3:15 PM It's It Fundraiser Launch	4
5	<b>6</b> 6:15 Weights	<b>7</b> Speed Training 6:15 AM	<b>8</b> 6:15 Weights	<b>9</b>	<b>10</b> 6:15 Weights	11
12 Mother's Day	<b>13</b> Spring Practice 3:30-5:30 PM	<b>14</b> Spring Practice 3:30-5:30 PM	<b>15</b> Spring Practice 3:30-5:30 PM	<b>16</b> Spring Practice 3:30-5:30 PM Paul picks up orders It's It	<b>17</b> Spring Practice 3:30-5:30 PM	18 Power Lifting Competition 9AM @ CHS
19	<b>20</b> Spring Practice 3:30-5:30 PM	<b>21</b> Spring Practice 3:30-5:30 PM	<b>22</b> Spring Practice 3:30-5:30 PM	<b>23</b> Spring Practice 3:30-5:30 PM	<b>24</b> Spring Practice 3:30-5:30 PM	25
26	<b>27</b> Memorial Day	<b>28</b>	<b>29</b> <u>It's It delivered</u> Morning Lift	<b>30</b>	<b>31</b> Morning Lift	

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>3</b> Morning Lift	<b>4</b>	<b>5</b> Morning Lift	<b>6</b>	<b>7</b> Morning Lift Last day of school	8
9	<b>10</b> 2PM Lift	<b>11</b> 2PM Lift	<b>12</b> 2PM Lift 7 on 7 4PM	<b>13</b> 2PM Lift Incoming 9 <sup>th</sup> Grade Parent Meeting 6PM in Student Union	<b>14</b>	15
16 Father's Day	<b>17</b> 2PM Lift	<b>18</b> 2PM Lift	<b>19</b> 2PM Lift 7 on 7 4PM	<b>20</b> 2PM Lift	<b>21</b> SJSU Showcase 7 on 7	22
23	<b>24</b> 2PM Lift	<b>25</b> 2PM Lift	<b>26</b> 2PM Lift	<b>27</b> 2PM Lift	<b>28</b>	29
30						

# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 2PM Lift	<b>2</b> 2PM Lift	<b>3</b> 2PM Lift 7 on 7 4PM	<b>4</b> Independence Day	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 2PM Lift	<b>9</b> 2PM Lift	<b>10</b> 2PM Lift 7 on 7 4PM	<b>11</b> 2PM Lift	<b>12</b>	<b>13</b> Paly Passing Tourney all day @ Palo Alto
<b>14</b>	<b>15</b> 2PM Lift	<b>16</b> 2PM Lift	<b>17</b> 2PM Lift 7 on 7 4PM	<b>18</b> 2PM Lift	<b>19</b>	<b>20</b> JV Paly Passing Tourney all day @ Palo
<b>21</b>	<b>22</b> 2PM Lift	<b>23</b> 2PM Lift	<b>24</b> 2PM Lift 7 on 7 4PM	<b>25</b> 2PM Lift	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Dead Period Begins no activities	<b>30</b> Dead Period	<b>31</b> Dead Period			

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Dead Period	<b>2</b> Equipment Distribution 2PM Varsity/3PM JV	3
4	<b>5</b> <u>Pre-Sale Kickoff</u> <u>2PM</u> Practice #1	<b>6</b> Practice #2 3:30 -5:30 PM	<b>7</b> Practice #3 3:30 -5:30 PM	<b>8</b> Practice #4 3:30 -5:30 PM	<b>9</b> Practice #5 3:30 -5:30 PM	10 Practice #6
11	<b>12</b> Practice #7 3:30 -5:30 PM	<b>13</b> <u>Blitz Final Day</u> <u>5PM</u> Practice #8 2-4:30 PM	<b>14</b> Practice #9 3:30 -5:30 PM	<b>15</b> Practice #10 3:30 -5:30 PM	<b>16</b> Practice #11 3:30 -5:30 PM	17 Blue and White Scrimmage and BBQ POOL Party JV 10am/Var 11am
18	<b>19</b> Practice #13 3:30 -5:30 PM	<b>20</b> Practice #14 3:30 -5:30 PM	<b>21</b> Practice #15 3:30 -5:30 PM	<b>22</b> Practice #16 3:30 -5:30 PM	<b>23</b> Scrimmage @ CHS JV 4PM Var 6PM	24 10 am Lift and Film All Levels
25	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	31



# September 2019

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

# October 2019

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

# November 2019

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

# December 2019

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 Christmas	26	27	28
29	30	31				