

2019 April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01 STRENGTH & CONDITIONING 4:00 - 5:30 PM	02 STRENGTH & CONDITIONING 4:00 - 5:30 PM	03 STRENGTH & CONDITIONING 4:00 - 5:30 PM	04 STRENGTH & CONDITIONING 4:00 - 5:30 PM	05	06
07	08 STRENGTH & CONDITIONING 4:00 - 5:30 PM	09 STRENGTH & CONDITIONING 4:00 - 5:30 PM	10 STRENGTH & CONDITIONING 4:00 - 5:30 PM	11 STRENGTH & CONDITIONING 4:00 - 5:30 PM	12	13
14	15 STRENGTH & CONDITIONING 4:00 - 5:30 PM	16 STRENGTH & CONDITIONING 4:00 - 5:30 PM	17 STRENGTH & CONDITIONING 4:00 - 5:30 PM	18 STRENGTH & CONDITIONING 4:00 - 5:30 PM	19 APRIL RECESS	20
21	22 APRIL RECESS	23 STRENGTH & CONDITIONING 4:00 - 5:30 PM	24 STRENGTH & CONDITIONING 4:00 - 5:30 PM	25 STRENGTH & CONDITIONING 4:00 - 5:30 PM	26	27
28	29 STRENGTH & CONDITIONING 4:00 - 5:30 PM	30 STRENGTH & CONDITIONING 4:00 - 5:30 PM	01 STRENGTH & CONDITIONING 4:00 - 5:30 PM	02 STRENGTH & CONDITIONING 4:00 - 5:30 PM	03	04
05	06	Notes:				

2019 May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01 STRENGTH & CONDITIONING 4:00 - 5:30 PM	02 STRENGTH & CONDITIONING 4:00 - 5:30 PM	03	04
05	06 STRENGTH & CONDITIONING 4:00 - 5:30 PM	07 STRENGTH & CONDITIONING 4:00 - 5:30 PM	08 STRENGTH & CONDITIONING 4:00 - 5:30 PM	09 STRENGTH & CONDITIONING 4:00 - 5:30 PM	10	11
12	13 STRENGTH & CONDITIONING 4:00 - 5:30 PM	14 STRENGTH & CONDITIONING 4:00 - 5:30 PM	15 STRENGTH & CONDITIONING 4:00 - 5:30 PM	16 STRENGTH & CONDITIONING 4:00 - 5:30 PM	17 COACHES LIFTING CLINIC 4:00 - 5:30 PM	18
19	20 SPRING PRACTICE 4:00 - 6:30 PM	21 SPRING PRACTICE 4:00 - 6:30 PM	22 SPRING PRACTICE 4:00 - 6:30 PM	23 SPRING PRACTICE 4:00 - 6:30 PM	24 SPRING PRACTICE 4:00 - 6:30 PM	25
26	27 MEMORIAL DAY	28 SPRING PRACTICE 4:00 - 6:30 PM	29 SPRING PRACTICE 4:00 - 6:30 PM	30 SPRING PRACTICE 4:00 - 6:30 PM	31 SPRING PRACTICE 4:00 - 6:30 PM	01
02	03	Notes:				

2019 June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
02	03 SPRING PRACTICE 4:00 - 6:30 PM	04 SPRING PRACTICE 4:00 - 6:30 PM	05 SPRING PRACTICE 4:00 - 6:30 PM	06 SPRING PRACTICE 4:00 - 6:30 PM	07 SPRING PRACTICE 4:00 - 6:30 PM	08
09	10	11	12	13 LAST DAY OF SCHOOL	14	15
16	17 STRENGTH & CONDITIONING 8:00 - 10:30 AM	18	19 STRENGTH & CONDITIONING 8:00 - 10:30 AM	20 STRENGTH & CONDITIONING 8:00 - 10:30 AM	21	22
23	24	25	26	27	28	29
FOOTBALL NO CONTACT PERIOD						
30	01	Notes:				
FOOTBALL NO CONTACT PERIOD						

2019 July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01	02	03	04	05	06
FOOTBALL NO CONTACT PERIOD						
07	08 STRENGTH & CONDITIONING 8:00 - 10:30 AM	09 7 ON 7 & LINEMEN CHALLENGE @ FRANCIS PARKER H.S. 4:30 - 6:30 PM	10 STRENGTH & CONDITIONING 8:00 - 10:30 AM	11 STRENGTH & CONDITIONING 8:00 - 10:30 AM	12	13
14	15 STRENGTH & CONDITIONING 8:00 - 10:30 AM	16 7 ON 7 & LINEMEN CHALLENGE @ FRANCIS PARKER H.S. 4:30 - 6:30 PM	17 STRENGTH & CONDITIONING 8:00 - 10:30 AM	18 STRENGTH & CONDITIONING 8:00 - 10:30 AM	19	20
21	22 STRENGTH & CONDITIONING 8:00 - 10:30 AM	23 7 ON 7 & LINEMEN CHALLENGE @ FRANCIS PARKER H.S. 4:30 - 6:30 PM	24 STRENGTH & CONDITIONING 8:00 - 10:30 AM	25 STRENGTH & CONDITIONING 8:00 - 10:30 AM	26	27
28	29 STRENGTH & CONDITIONING 8:00 - 10:30 AM	30	31 STRENGTH & CONDITIONING 8:00 - 10:30 AM	01	02	03
04	05	Notes:				

2019 August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01 SEASON BEGINS! TWO PRACTICES 9:00 - 11:00 AM 4:00 - 6:00 PM	02 PRACTICE 4:00 - 6:30 PM	03 PRACTICE 9:00 - 11:00 AM
04	05 TWO PRACTICES 9:00 - 11:00 AM 4:00 - 6:00 PM	06 PRACTICE 4:00 - 6:30 PM	07 TWO PRACTICES 9:00 - 11:00 AM 4:00 - 6:00 PM	08 PRACTICE 4:00 - 6:30 PM	09 TWO PRACTICES 9:00 - 11:00 AM 4:00 - 6:00 PM	10 PRACTICE 9:00 - 11:00 AM
11	12 TWO PRACTICES 9:00 - 11:00 AM 4:00 - 6:00 PM	13 PRACTICE 4:00 - 6:30 PM	14 TWO PRACTICES 9:00 - 11:00 AM 4:00 - 6:00 PM	15 PRACTICE 4:00 - 6:30 PM	16 PRACTICE 4:00 - 5:30 PM	17 KICKOFF CLASSIC SCRIMMAGE vs Montgomery Location, Date & Time TBD
18	19 PRACTICE 4:00 - 6:30 PM	20 PRACTICE 4:00 - 6:30 PM	21 PRACTICE 4:00 - 6:30 PM	22 @ MARANATHA CHRISTIAN JV 4:00 PM VARSITY PRACTICE 4:00 - 5:00 PM	23 @ MARANATHA CHRISTIAN VARSITY 7:00 PM	24
25	26 PRACTICE 4:00 - 6:30 PM	27 PRACTICE 4:00 - 6:30 PM	28 PRACTICE 4:00 - 6:30 PM	29 CLASSICAL ACADEMY @ CORONADO JV 4:00 PM VARSITY PRACTICE 4:00 - 5:00 PM	30 CLASSICAL ACADEMY @ CORONADO VARSITY 7:00 PM	31
01	02	Notes:				

2019 September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 PRACTICE 4:00 - 6:30 PM	03 PRACTICE 4:00 - 6:30 PM	04 PRACTICE 4:00 - 6:30 PM	05 PRACTICE 4:00 - 5:00 PM	06 @ EL CAJON VALLEY JV 4:00 PM VARSITY 7:00 PM	07
08	09 PRACTICE 4:00 - 6:30 PM	10 PRACTICE 4:00 - 6:30 PM	11 PRACTICE 4:00 - 6:30 PM	12 MAR VISTA @ CORONADO JV 4:00 PM VARSITY PRACTICE 4:00 - 5:00 PM	13 MAR VISTA @ CORONADO VARSITY 7:00 PM	14
15	16 PRACTICE 4:00 - 6:30 PM	17 PRACTICE 4:00 - 6:30 PM	18 PRACTICE 4:00 - 6:30 PM	19 PRACTICE 4:00 - 5:00 PM	20 MOUNTAIN EMPIRE @ CORONADO JV 4:00 PM VARSITY 7:00 PM	21
22	23 PRACTICE 4:00 - 6:30 PM	24 PRACTICE 4:00 - 6:30 PM	25 PRACTICE 4:00 - 6:30 PM	26 PRACTICE 4:00 - 6:30 PM	27 BYE WEEK	28
29	30 PRACTICE 4:00 - 6:30 PM	01	02	03	04	05
06	07	Notes:				

2019 October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	01	02	03 @ SERRA CORONADO JV 4:00 PM VARSITY PRACTICE 4:00 - 5:00	04 @ SERRA VARSITY 6:30 PM	05
06	07 PRACTICE 4:00 - 6:30 PM	08 PRACTICE 4:00 - 6:30 PM	09 PRACTICE 4:00 - 6:30 PM	10 CLAIREMONT @ CORONADO JV 4:00 PM VARSITY PRACTICE 4:00 - 5:00 PM	11 CLAIREMONT @ CORONADO VARSITY 6:30 PM	12
13	14 PRACTICE 4:00 - 6:30 PM	15 PRACTICE 4:00 - 6:30 PM	16 PRACTICE 4:00 - 6:30 PM	17 CRAWFORD @ CORONADO JV 4:00 PM VARSITY PRACTICE 4:00 - 5:00	18 CRAWFORD @ CORONADO VARSITY 6:30 PM	19
20	21 PRACTICE 4:00 - 6:30 PM	22 PRACTICE 4:00 - 6:30 PM	23 PRACTICE 4:00 - 6:30 PM	24 @ SAN DIEGO CORONADO JV 4:00 PM VARSITY PRACTICE 4:00 - 5:00 PM	25 @ SAN DIEGO VARSITY 6:30 PM	26
27	28 PRACTICE 4:00 - 6:30 PM	29 PRACTICE 4:00 - 6:30 PM	30 PRACTICE 4:00 - 6:30 PM	31 @ HOOVER CORONADO JV 4:00 PM VARSITY PRACTICE 4:00 - 5:00 PM	01	02
03	04	Notes:				

2019 November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
					@ HOOVER VARSITY 6:30 PM	
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
01	02	Notes:				