

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 MAKE – UPS 3:00 – 4:00 PM	2 PHASE 1 WEEK 7 3:45 – 5:00 PM	3 PHASE 1 WEEK 7 3:45 – 5:00 PM	4 MAKE – UPS 7:00 - 8:30 AM
5	6 PHASE 1 WEEK 8 3:45 – 5:00 PM	7 PHASE 1 WEEK 8 3:45 – 5:00 PM	8 MAKE – UPS 3:00 – 4:00 PM	9 PHASE 1 WEEK 8 3:45 – 5:00 PM	10 PHASE 1 WEEK 8 3:45 – 5:00 PM	11 MAKE – UPS 7:00 - 8:30 AM
12	13 PHASE 1 WEEK 9 3:45 – 5:00 PM	14 PHASE 1 WEEK 9 3:45 – 5:00 PM	15 MAKE – UPS 3:00 – 4:00 PM 9 TH GRADE MEET THE HAWKS 6:00 PM	16 PHASE 1 WEEK 9 3:45 – 5:00 PM	17 PHASE 1 WEEK 9 3:45 – 5:00 PM	18 MAKE – UPS 7:00 - 8:30 AM
19	20 TEST BENCH H. CLEAN 3:45 – 5:00 PM	21 TEST SQUAT PUSH PRESS 3:45 – 5:00 PM	22 TEST P. CLEAN IC BENCH 3:45 – 5:00 PM	23 TEST DEADLIFT FR. SQUAT 3:45 – 5:00 PM	24 SPRING BREAK	25 SPRING BREAK
26 SPRING BREAK	27 SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK	1 SPRING BREAK

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2 SPRING BREAK	3 PHASE 2 WEEK 1 3:45 – 5:00 PM	4 PHASE 2 WEEK 1 3:45 – 5:00 PM	5 MAKE – UPS 3:00 – 4:00 PM	6 PHASE 2 WEEK 1 3:45 – 5:00 PM	7 PHASE 2 WEEK 1 3:45 – 5:00 PM	8 MAKE – UPS 7:00 - 8:00 AM OTA 8:00 - 9:00 AM
9	10 PHASE 2 WEEK 2 3:45 – 5:00 PM	11 PHASE 2 WEEK 2 3:45 – 5:00 PM	12 MAKE – UPS 3:00 – 4:00 PM	13 PHASE 2 WEEK 2 3:45 – 5:00 PM	14 PHASE 2 WEEK 2 3:45 – 5:00 PM	15 MAKE – UPS 7:00 - 8:00 AM OTA 8:00 - 9:00 AM
16	17 PHASE 2 WEEK 3 3:45 – 5:00 PM	18 PHASE 2 WEEK 3 3:45 – 5:00 PM	19 MAKE – UPS 3:00 – 4:00 PM	20 PHASE 2 WEEK 3 3:45 – 5:00 PM	21 PHASE 2 WEEK 3 3:45 – 5:00 PM	22 MAKE – UPS 7:00 - 8:00 AM OTA 8:00 - 9:00 AM
23	24 PHASE 2 WEEK 4 3:45 – 5:00 PM	25 PHASE 2 WEEK 4 3:45 – 5:00 PM	26 MAKE – UPS 3:00 – 4:00 PM	27 PHASE 2 WEEK 4 3:45 – 5:00 PM	28 PHASE 2 WEEK 4 3:45 – 5:00 PM	29 MAKE – UPS 7:00 - 8:00 AM OTA 8:00 - 9:00 AM

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PHASE 2 WEEK 5 3:45 – 5:00 PM	2 PHASE 2 WEEK 5 3:45 – 5:00 PM	3 MAKE – UPS 3:00 – 4:00 PM	4 PHASE 2 WEEK 5 3:45 – 5:00 PM	5 PHASE 2 WEEK 5 3:45 – 5:00 PM	6 MAKE – UPS 7:00 - 8:00 AM OTA 8:00 - 9:00 AM
7	8 PHASE 2 WEEK 6 3:45 – 5:00 PM	9 PHASE 2 WEEK 6 3:45 – 5:00 PM	10 MAKE – UPS 3:00 – 4:00 PM	11 PHASE 2 WEEK 6 3:45 – 5:00 PM	12 PHASE 2 WEEK 6 3:45 – 5:00 PM	13 MAKE – UPS 7:00 - 8:00 AM OTA 8:00 - 9:00 AM
14	15 TEST BENCH H. CLEAN 3:45 – 5:00 PM <u>CLASSROOM</u> <u>5:00 – 6:00 PM</u>	16 TEST SQUAT PUSH PRESS 3:45 – 5:00 PM <u>CLASSROOM</u> <u>5:00 – 6:00 PM</u>	17 OFF GRADUATION	18 TEST P. CLEAN IC BENCH 3:45 – 5:00 PM <u>CLASSROOM</u> <u>5:00 – 6:00 PM</u>	19 TEST DEADLIFT FR. SQUAT 3:45 – 5:00 PM <u>CLASSROOM</u> <u>5:00 – 6:00 PM</u>	20
21	22 <u>CLASSROOM</u> <u>4:30 – 6:00 PM</u>	23 <u>CLASSROOM</u> <u>4:30 – 6:00 PM</u>	24 <u>EQUIPMENT</u> <u>TOP 50%</u> <u>4 – 6 PM</u>	25 <u>EQUIPMENT</u> <u>BOTTOM 50%</u> <u>4 – 6 PM</u>	26 <u>EQUIPMENT</u> <u>FRESHMEN</u> <u>4 – 6:30</u>	27
28	29	30 SUMMER WEEK 1 TEAM CAMP 4:00 – 7:00 PM	31 SUMMER WEEK 1 TEAM CAMP 4:00 – 7:00 PM			

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 SUMMER WEEK 1 TEAM CAMP 4:00 – 7:00 PM	2 TEAM CAMP 4:00 – 7:00 PM	3 TEAM CAMP 9:00 – 11:00 AM <u>TEAM BBQ & GOLF BALL DROP</u> 12:00 PM
4 GOLF TOURNEY BROADLANDS G.C. 7:30 AM	5 SUMMER WEEK 2 TEAM CAMP 4:00 – 7:00 PM	6 TEAM CAMP 4:00 – 7:00 PM	7 SUMMER WEEK 2 TEAM CAMP 4:00 – 7:00 PM	8 SUMMER WEEK 2 TEAM CAMP 4:00 – 7:00 PM	9 NO PRACTICE ALL STATE GAME	10 SCRIMMAGE 11:00 AM NORTH ST. (CAPTAINS)
11	12 SUMMER WEEK 3 7:00 - 9:00 AM 7 ON 7 VS. FT. COLLINS 6:00 PM @ NORTH ST.	13 SUMMER WEEK 3 7:00 - 9:00 AM	14 SUMMER WEEK 3 7:00 - 9:00 AM	15 SUMMER WEEK 3 7:00 - 9:00 AM	16	17
18	19 SUMMER WEEK 4 7:00 - 9:00 AM	20 SUMMER WEEK 4 7:00 - 9:00 AM LEGACY 7 ON 7	21 SUMMER WEEK 4 7:00 - 9:00 AM	22 SUMMER WEEK 4 7:00 - 9:00 AM	23	24
25	26 SUMMER WEEK 5 7:00 - 9:00 AM	27 SUMMER WEEK 5 7:00 - 9:00 AM LEGACY 7 ON 7	28 SUMMER WEEK 5 7:00 - 9:00 AM	29 SUMMER WEEK 5 7:00 - 9:00 AM	30	

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 SUMMER WEEK 6 7:00 - 9:00 AM	4 <u>4TH OF JULY</u> <u>BREAK</u>	5 <u>4TH OF JULY</u> <u>BREAK</u>	6 SUMMER WEEK 6 7:00 - 9:00 AM	7	8
9	10 SUMMER WEEK 7 7:00 - 9:00 AM	11 SUMMER WEEK 7 7:00 - 9:00 AM LEGACY 7 ON 7	12 SUMMER WEEK 7 7:00 - 9:00 AM	13 SUMMER WEEK 7 7:00 - 9:00 AM	14	15
16	17 SUMMER WEEK 8 7:00 - 9:00 AM	18 SUMMER WEEK 8 7:00 - 9:00 AM	19 SUMMER WEEK 8 7:00 - 9:00 AM	20 SUMMER WEEK 8 7:00 - 9:00 AM	21	22
23	24 SUMMER WEEK 9 7:00 - 9:00 AM	25 SUMMER WEEK 9 7:00 - 9:00 AM	26 SUMMER WEEK 9 7:00 - 9:00 AM	27 SUMMER WEEK 9 7:00 - 9:00 AM	28	29
30	31 SUMMER WEEK 10 7:00 - 9:00 AM					

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SUMMER WEEK 10 7:00 - 9:00 AM	2	3	4 PRESEASON BREAK	5 PRESEASON BREAK
6 PRESEASON BREAK	7 PRESEASON BREAK	8 PRESEASON BREAK <u>COACHES MTG. 5:00</u>	9 7:00 SR. BREAKFAST 9:00 SR. MEETING	10 4:00 TESTING 40/SQUAT/VJ <u>HAWK CARD KO</u> 1:00	11 4:00 TESTING T-TEST/IC BENCH/P. CLEANS	12 9:00 AM TESTING 300 SHUTTLE
13	14 PRACTICE 3:30 – 6:00 PM HELMETS	15 PRACTICE 3:30 – 6:00 PM HELMETS	16 PRACTICE 3:30 – 6:00 PM FULL PADS <u>NO CONTACT!</u>	17 PRACTICE 3:30 – 6:00 PM FULL PADS	18 PRACTICE 3:30 – 5:00 PM FULL PADS <u>5:30p All Levels</u> <u>- All Heroes</u> <u>meet & greet</u>	19 SCRIMMAGE 8a FROSH 9a JV <u>10a All Heroes</u> <u>&</u> <u>VARSIITY after</u>
20	21 PRACTICE 3:30 – 6:00 PM	22 PRACTICE 3:30 – 6:00 PM	23 PRACTICE 3:30 – 5:00 PM	24 GRANDVIEW 9 TH : 4:00 PM JV/VAR: 6:00 PM NORTH ST.	25 FILM REVIEW SCRIMMAGE 3:30 PM	26 ALL LEVELS OFF!
27	28 PRACTICE 3:30 – 6:00 PM	29 PRACTICE 3:30 – 6:00 PM	30 PRACTICE 3:30 – 5:00 PM <u>TEAM DINNER</u> 5:30 PM	31 FAIRVIEW 7:00 PM NORTH ST.		

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FILM REVIEW FARIVIEW 3:30 PM	2 VARSITY OFF
3	4 PRACTICE 3:30 – 6:00 PM	5 PRACTICE 3:30 – 6:00 PM	6 PRACTICE 3:30 – 6:00 PM	7 PRACTICE 3:30 – 6:00 PM	8	9
10	11 PRACTICE 3:30 – 6:00 PM	12 PRACTICE 3:30 – 6:00 PM	13 PRACTICE 3:30 – 6:00 PM <u>Senior Player</u> <u>Pics 1p</u>	14 PRACTICE 3:30 – 5:00 PM <u>TEAM DINNER</u> <u>5:30 PM</u>	15 MT. RANGE 7:00 PM NORTH ST.	16 FILM REV. MT. RANGE 8:00 AM
17	18 PRACTICE 3:30 – 6:00 PM	19 PRACTICE 3:30 – 6:00 PM	20 PRACTICE 3:30 – 5:00 PM <u>TEAM DINNER</u> <u>5:30 PM</u>	21 @ LEGACY 7:00 PM NORTH ST.	22 FILM REV. LEGACY 3:30 PM	23 VARSITY OFF
24	25 PRACTICE 3:30 – 6:00 PM	26 PRACTICE 3:30 – 6:00 PM	27 PRACTICE 3:30 – 6:00 PM	28 PRACTICE 3:30 – 5:00 PM <u>TEAM DINNER</u> <u>5:30 PM</u>	29 ROCKY MT. 7:00 PM NORTH ST. (HOMECOMING)	30 FILM REV. ROCKY 8:00 AM

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 PRACTICE 3:30 – 6:00 PM	3 PRACTICE 3:30 – 6:00 PM	4 PRACTICE 3:30 – 6:00 PM	5 PRACTICE 3:30 – 6:00 PM	6	7
8	9 PRACTICE 3:30 – 6:00 PM	10 PRACTICE 3:30 – 6:00 PM	11 PRACTICE 3:30 – 5:00 PM <u>TEAM DINNER</u> 5:30 PM	12 FAR N.EAST 7:00 PM NORTH ST.	13 FILM REV. FAR N.E. 3:30 PM	14 VARSITY OFF
15	16 PRACTICE 3:30 – 6:00 PM	17 PRACTICE 3:30 – 6:00 PM	18 PRACTICE 3:30 – 6:00 PM	19 PRACTICE 3:30 – 5:00 PM <u>TEAM DINNER</u> 5:30 PM	20 CREEK 7:00 PM NORTH ST.	21 FILM REV. CREEK 8:00 AM
22	23 ALL LEVELS OFF!	24 PRACTICE 3:30 – 6:00 PM	25 PRACTICE 3:30 – 6:00 PM	26 PRACTICE 3:30 – 6:00 PM	27 PRACTICE 3:30 – 5:00 PM <u>TEAM DINNER</u> 5:30 PM	28 @ D. EAST 2:00 PM 9 TH VS. D. EAST 9:00 AM (HHS)
29	30 PRACTICE 3:30 – 6:00 PM JV VS. D. EAST 4:00 PM (HHS)	31 PRACTICE 3:30 – 6:00 PM				

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 PLAYOFFS	7 PLAYOFFS	8 PLAYOFFS	9 PLAYOFFS	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		