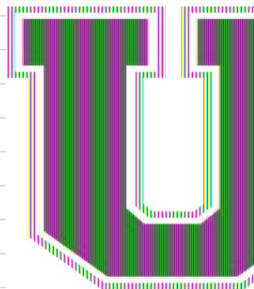


August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 JV/V Meetings 3pm JV/V Practice 4:30-6:30pm	2 JV/V Practice 7am-9:am JV/V 3pm WR JV/V Practice 4:30pm-6:30pm	3 JV/V Meetings 3pm JV/V Practice 4:30-6:30pm	4 JV/V 3pm WR JV/V Practice 4:30pm-6:30pm	5 Green and White Scrimmage 9am-11am
6	7 JV/V Practice 7am-9:am JV/V 3pm WR JV/V Practice 4:30pm-6:30pm	8 JV/V Meetings 3pm JV/V Practice 4:30-6:30pm	9 JV/V 3pm WR JV/V Practice 4:30pm-6:30pm	10 Scrimmages: Freshmen @ Colony 3:30pm JV @ Colony 5pm V @ Colony 7pm	11 JV/V Film Practice: TBA. All program Ads will be due today. Team bonding Quad area	12 Car Wash. 9am-Noon
13	14 JV/V 3pm WR JV/V Practice 4:30pm-6:30pm	15 Senior Registration 8am-Noon JV/V Meetings 3pm JV/V Practice 4:30-6:30pm	16 Junior Registration 8am-Noon JV Practice 3:30pm. Night V Practice: 3pm WR V Meetings 4:30pm V Practice 6:00-8:00pm	17 Sophomore Registration 8am-Noon V. Walk-through 7am-8am. JV vs- La Habra 3:15pm Frosh @ La Habra 3:15pm	18 V. @ La Habra 7:00pm	19 V. Film/Workout: TBD
20	21 Freshman Registration 8am-Noon JV/V 3:00 WR JV/V Practice 4:30pm-6:30pm	22 Make-up Registration 8am-Noon JV/V Meetings 3pm JV/V Practice 4:30-6:30pm	23 JV Practice 3:30pm. Night V Practice: 3pm WR V Meetings 4:30pm V Practice 6:00-8:00pm	24 V. Walk-through 7am-8am. JV @ Norco 4:00pm Frosh vs- Norco 4:00pm	25 V. vs- Norco 7:00pm	26 V. Film/Workout: TBD
27	28. First Day of School JV/V 2:40 WR JV/V Practice 4:30pm-6:30pm	29 JV/V Meetings 3pm JV/V Practice 4:30-6:30pm	30 V. Walk-through 7am-8am. JV @ Villa Park 4:00pm Frosh vs- Villa Park 4:00pm	31 V. vs- Villa Park 7:00pm		

****Please allow us 30 minutes grace period to complete practice. Practice times and days are subject to change.**



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