

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>5</b>	<b>6</b> Team Meeting 2pm  Residence Check In 3-6pm  Team Dinner 6pm	<b>7</b> 9am Breakfast 10am Team Meeting Offense: 11am-12pm Test Defense: 12:30pm-1:30 Test 1:30 Lunch 3-4 pm Position Mtgs 4-5pm Team Building: Scavenger Hunt 5pm Dinner	<b>8</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2pm Position Meetings 3:15-6pm Practice (Helmets) 6pm Dinner 7:30 Team Building: R, P, S World Championship	<b>9</b> 9am Breakfast 10-10:45am Pos Meetings 11-12pm Walk Through 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (Helmets) 6pm Dinner 7:30 Team Building: Powdered Donut eating relay	<b>10</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2pm Position Meetings 3:15-6pm Practice (1/2 Pads) 6pm Dinner 7:30 Team Building:Oreo Challenge	<b>11</b> 9am Breakfast 10am Position Meetings 11-1:30pm Practice (1/2 pads) 2pm Lunch 4pm Position Meetings
<b>12</b>	<b>13</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (Full) 6pm Dinner 7:30 Team Building: Tug of War	<b>14</b> 9am Breakfast 10-10:45am Pos Meetings 11-12pm Walk Through 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (Full) 6pm Dinner 7:30 Team Building: Sport Psych	<b>15</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (Full) 6pm Dinner 7:30 Team Building:Letters	<b>16</b> 9am Breakfast 10-10:45am Pos Meetings 11-12pm Walk Through 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (1/2) 6pm Dinner 7:30 Team Building: Sport Psych	<b>17</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (Helmets) 6pm Dinner 7:30 Water Balloon Relay	<b>18</b> 9am Breakfast 10am Position Meetings 11-1pm Scrimmage 1 (Full) 2pm Lunch 4pm Position Meetings
<b>19</b>	<b>20</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12pm Lunch 1:15pm Welcome Mtg AQ 3159 3:45-6:15pm Practice (Full) 7pm Dinner 8:00 Team Building:Dodgeball	<b>21</b> 9am Breakfast 10-10:45am Pos Meetings 11-12pm Walk Through 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (Full) 6pm Dinner 7:30 Team Building: Sport Psych	<b>22</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (Full) 6pm Dinner 7:30 Team Building: Angus Reid	<b>23</b> 9am Breakfast 10-10:45am Pos Meetings 11-12pm Walk Through 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (1/2) 6pm Dinner 7:30 Team Building: Sport Psych	<b>24</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2-2:45pm Position Meetings 3:15-6pm Practice (Helmets) 6pm Dinner 7:30 Team Building: Team Photo	<b>25</b> 9am Breakfast 10am Position Meetings  Scrimmage #2 (Full) 11am-1pm
<b>26</b>	<b>27</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2-2:30pm Study Habits School 3-3:45pm Position Meetings 4:30-7pm Practice 7:30pm Dinner 8:30 Skit Night	<b>28</b> 9am Breakfast 10-10:45am Pos Meetings 11-12pm Walk Through 12:30-1pm ST Meeting 1pm Lunch 2-2:30 Study Habits School 3-3:45pm Position Meetings 4:30-7pm Practice (Full) 7:30pm Dinner	<b>29</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 2-2:30pm Study Habits School 3-3:45pm Position Meetings 4:30-7pm Practice 7:30pm Dinner	<b>30</b> 9am Breakfast 10-10:45am Pos Meetings 11-12pm Walk Through 12:30-1pm ST Meeting 1pm Lunch 2-2:30 Study Habits School 3-3:45pm Position Meetings 4:30-7pm Practice (Full) 7:30pm Dinner	<b>31</b> 9am Group 1 lift 10am Group 2 lift 11am Group 3 lift 12:30-1pm ST Meeting 1pm Lunch 3-3:45pm Position Meetings 4:30-6pm Practice 6:30pm Team Dinner	

# September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> VS. Willamette
<b>2</b>	<b>3</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15 Film/Game Plan 5-6pm Practice 6:30-7 ST Meeting	<b>4</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>5</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>6</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>7</b> 10:30-11:30am Practice Depart for YVR 12:30pm	<b>8</b> @ Azusa Pacific
<b>9</b>	<b>10</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15 Film/Game Plan 5-6pm Practice 6:30-7 ST Meeting	<b>11</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>12</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>13</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>14</b> Depart for YVR 3:15am 4-5pm Practice	<b>15</b> @ South Dakota Mines
<b>16</b>	<b>17</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15 Film/Game Plan 5-6pm Practice 6:30-7 ST Meeting	<b>18</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>19</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>20</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>21</b> 4:30-5:30 Practice	<b>22</b> VS. Central Wasington
<b>23</b>	<b>24</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15 Film/Game Plan 5-6pm Practice 6:30-7 ST Meeting	<b>25</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>26</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>27</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>28</b> 10-11am Practice Depart for Monmouth 12pm	<b>29</b> @ Western Oregon

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15 Film/Game Plan 5-6pm Practice 6:30-7 ST Meeting	<b>2</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>3</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>4</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>5</b> 10-11am Practice Depart for YVR	<b>6</b> @ Humboldt State
<b>7</b>	<b>8</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15 Film/Game Plan 5-6pm Practice 6:30-7 ST Meeting	<b>9</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>10</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>11</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>12</b> 4:30-5:30 Practice	<b>13</b> VS Azusa Pacific
<b>14</b>	<b>15</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15 Film/Game Plan 5-6pm Practice 6:30-7 ST Meeting	<b>16</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>17</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>18</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>19</b> 10-11am Practice Depart for Monmouth 12pm	<b>20</b> @ Central Washington
<b>21</b>	<b>22</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15 Film/Game Plan 5-6pm Practice 6:30-7 ST Meeting	<b>23</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>24</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>25</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>26</b> NO TEAM ACTIVITIES	<b>27</b> BYE
<b>28</b>	<b>29</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15-340pm Pos Meetings 4:30-7pm Practice	<b>30</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>31</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)			

November 2018						
◀ Oct 2018						Dec 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>2</b> 4:30-5:30pm Practice	<b>3</b> VS Western Oregon
<b>4</b>	<b>5</b> *30 Min Lifting Session (Assigned Times) 3pm Team Meeting 3:15pm Off Film/Def Lift 4:05pm Def Film/Off Lift 5-6pm Practice 6:30-7 ST Meeting	<b>6</b> 3-340pm Pos Meetings 3:45-4pm Punt/KOR Meetings 4:30-7pm Practice	<b>7</b> 3-340pm Pos Meetings 3:45-4pm PR/KO Meetings 4:30-7pm Practice *30 Min Lifting Session (Assigned Times)	<b>8</b> 600-800am Practice 3-340pm Pos Meetings *30 Min Lifting Session (Assigned Times)	<b>9</b> 4:30-5:30pm Practice	<b>10</b> VS Humboldt State