

January 2020						
◀ Dec 2019						Feb 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Grade 9 Workout	21 Grade 10 / 11 Workout	22 Grade 9 Workout	23 Grade 10 / 11 Workout	24	25
26	27 Grade 9 Workout	28 Grade 10 / 11 Workout	29 Grade 9 Workout	30 Grade 10 / 11 Workout	31	

*** Workouts are after school in the weight room

February 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Grade 9 Workout	4 Grade 10 / 11 Workout	5 Grade 9 Workout	6	7	8
9	10 Grade 9 Workout	11 Grade 10 / 11 Workout	12 Grade 9 Workout	13 Grade 10 / 11 Workout	14	15
16	17 Grade 9 Workout	18 Grade 10 / 11 Workout	19 Grade 9 Workout	20 Grade 10 / 11 Workout	21	22
23	24 Grade 9 Workout	25 Grade 10 / 11 Workout	26 Grade 9 Workout	27 Grade 10 / 11 Workout	28	29

*** Workouts are after school in the weight room

◀ Feb 2020		March 2020					Apr 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Grade 9 Workout	3 Grade 10 / 11 Workout	4 Grade 9 Workout	5 Grade 10 / 11 Workout	6	7	
8	9 Grade 9 Workout	10 Grade 10 / 11 Workout	11 Grade 9 Workout	12 Grade 10 / 11 Workout	13	14	
15	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21	
22	23 Spring Break	24 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break	28	
29	30	31 Grade 8 Football Begins					

*** Workouts are after school in the weight room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Grade 8 - Practice	2 Grade 8 – Equipment Handout	3	4
5	6 Grade 8 – Practice – 1 st Practice in equipment	7 Grade 8 - Practice	8 Grade 8 - Practice	9 Grade 8 - Practice	10 Good Friday	11
12	13 Easter Monday	14 Grade 8 - Practice	15 Grade 8 - Practice	16 Grade 8 - Practice	17 Grade 8 - Practice	18
19	20 Grade 8 - Practice	21 Grade 8 - Practice	22 Grade 8 - Practice	23 Grade 8 - Practice	24 Grade 8 – Jamboree - @ Carson	25
26	27 Grade 8 - Practice	28 Grade 8 - Practice	29 Grade 8 - Practice	30 Grade 8 Handsworth @ Carson 3:30pm		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Grade 8 - Practice	5 Grade 8 - Practice	6 Grade 8 - Practice	7 Grade 8 Carson @ West Van 3:30	8	9
10	11 Grade 8 - Practice	12 Grade 8 - Practice Grade 11 Equipment Handout	13 Grade 8 - Practice Grade 10 Equipment Handout	14 Grade 8 Eric Hamber @ Carson 3:30pm	15	16
17	18 Grade 9 Equipment Handout	19 Grade 8 Equipment Handout	20	21	22	23
24	25	26 JV Spring Practice Install #1	27 JV Spring Practice Install #2	28 JV Spring Practice Install #3	29	30 Varsity Rugby Championship
31						

June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 JV & Varsity Spring Practice	2 JV & Varsity Spring Practice	3 JV & Varsity Spring Practice	4 JV & Varsity Spring Practice	5 JV & Varsity Spring Practice	6
7	8 JV & Varsity Spring Practice	9 JV & Varsity Spring Practice	10 JV & Varsity Spring Practice	11 JV & Varsity Spring Practice	12 JV – Spring Scrimmage Varsity – Spring Scrimmage	13 Possible Team Camp (SFU) – Date TBA
14	15	16	17	18	19	20 Possible Team Camp (SFU) – Date TBA
21	22	23	24	25	26	27
28	29	30				

◀ Jun 2020

July 2020

Aug 2020 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Summer Workout – Time TBA	8	9 Summer Workout – Time TBA	10	11
12	13	14 Summer Workout – Time TBA	15	16 Summer Workout – Time TBA	17	18
19	20	21 Summer Workout – Time TBA	22	23 Summer Workout – Time TBA	24	25
26	27	28 Summer Workout – Time TBA	29	30 Summer Workout – Time TBA	31	

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Summer Workout – Time TBA	5	6 Summer Workout – Time TBA	7	8
9	10	11 Summer Workout – Time TBA	12	13 Summer Workout – Time TBA	14	15
16	17	18 Throwing Sesson 3 - 5	19 Throwing Sesson 3 - 5	20 Throwing Sesson 3 - 5	21	22
23	24 JV / Varsity Training Camp 3p – 7p	25 JV / Varsity Training Camp 3p – 7p	26 JV / Varsity Training Camp 3p – 7p	27 JV / Varsity Training Camp 3p – 7p	28 JV / Varsity Training Camp 3p – 7p	29
30	31 JV / Varsity Training Camp 3p – 7p					

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 JV / Varsity Training Camp 3p – 7p	2 JV / Varsity Training Camp 3p – 7p	3 JV / Varsity Training Camp 3p – 7p	4 Possible USA Game / Trip	5
6	7 Labour Day	8	9	10 JV @ Sullivan Heights 3:45pm	11 vs Terry Fox 3:45pm	12
13	14	15	16	17	18	19 Buchanan Bowl JV – 10:30a Varsity – 1:30p
20	21	22	23	24	25 @ New West 7:30 pm	26
27	28	29	30			

◀ Sep 2020

October 2020

Nov 2020 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 vs Notre Dame 3:45pm	3
4	5	6	7	8	9 vs South Delta 3:45pm	10
11	12	13	14	15	16 @ Belmont 2 pm	17
18	19	20	21	22	23	24 @ Vancouver College 1 pm
25	26	27	28	29	30 vs Mount Douglas 3:45pm	31

◀ Oct 2020

November 2020

Dec 2020 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 vs Seaquam 3:45pm	7
8	9	10	11	12	13 Playoffs #1	14 Playoffs #1
15	16	17	18	19	20	21 Playoffs #2
22	23	24	25	26	27	28 Playoffs #3
29	30					

December 2020						
◀ Nov 2020						Jan 2021 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Subway Bowl
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		