

January 2010

December 2009							January 2010							February 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5							1	2	1	2	3	4	5	6	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28						
							31													

■ Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 ■ 10:00 PM Spirit Pack UA Jerseys Montana Trip Navy Trip SDSU Defense Clinic Coach Responsibilities	2
3	4	5	6	7	8	9
10	11	12	13 ■ 6:00 PM SFC Football Awards	14	15	16
17	18 ■ 8:00 AM North County Football Coaches Meeting Passing League	19	20	21	22	23
24	25	26	27	28	29	30
31 ■ 12:00 PM 1st 10' SFC Football Meeting	1	2	3	4	5	6

February 2010


January 2010							February 2010							March 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	1	2	3	4	5	6		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28							28	29	30	31			
31																				









































■ Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 ■ 12:00 PM 1st 10' SFC Football Meeting	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1 ■ Strength Test ■ 6:30 AM Morning Madness(Strength Test) 48 Days ■ 3:00 PM Morning Madness	2 ■ 6:30 AM Morning Madness ■ 3:00 PM Morning Madness	3	4 ■ 6:30 AM Morning Madness ■ 3:00 PM Morning Madness	5 ■ 6:30 AM Morning Madness ■ 3:00 PM Morning Madness	6

March 2010

February 2010							March 2010							April 2010							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5	6		1	2	3	4	5	6						1	2	3
7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
28							28	29	30	31				25	26	27	28	29	30		

 Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 Strength Test  6:30 AM Morning Madness(Strength Test) 48 Days  3:00 PM Morning Madness	2  6:30 AM Morning Madness  3:00 PM Morning Madness	3	4  6:30 AM Morning Madness  3:00 PM Morning Madness	5  6:30 AM Morning Madness  3:00 PM Morning Madness	6
7	8  6:30 AM Morning Madness  3:00 PM Morning Madness	9  6:30 AM Morning Madness  3:00 PM Morning Madness	10	11  6:30 AM Morning Madness  3:00 PM Morning Madness	12  6:30 AM Morning Madness  3:00 PM Morning Madness	13
14	15  6:30 AM Morning Madness  3:00 PM Morning Madness	16  6:30 AM Morning Madness  3:00 PM Morning Madness	17	18  6:30 AM Morning Madness  3:00 PM Morning Madness	19  6:30 AM Morning Madness  3:00 PM Morning Madness	20
21	22  6:30 AM Morning Madness  3:00 PM Morning Madness	23  6:30 AM Morning Madness  3:00 PM Morning Madness	24	25  6:30 AM Morning Madness  3:00 PM Morning Madness	26  6:30 AM Morning Madness  3:00 PM Morning Madness	27
28	29  6:30 AM Morning Madness  3:00 PM Morning Madness	30  6:30 AM Morning Madness  3:00 PM Morning Madness	31	1  6:30 AM Morning Madness  3:00 PM Morning Madness	2  6:30 AM Morning Madness  3:00 PM Morning Madness	3

April 2010


March 2010							April 2010							May 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3							1	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	
													30	31						

■ Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 6:30 AM Morning Madness 3:00 PM Morning Madness	29 6:30 AM Morning Madness 3:00 PM Morning Madness	30 6:30 AM Morning Madness 3:00 PM Morning Madness	31 6:30 AM Morning Madness 3:00 PM Morning Madness	1 6:30 AM Morning Madness 3:00 PM Morning Madness	2 6:30 AM Morning Madness 3:00 PM Morning Madness	3
4 Easter	5 Easter	6 Easter	7 Easter	8 Easter	9 Easter	10
11 6:30 AM Morning Madness 3:00 PM Morning Madness	12 6:30 AM Morning Madness 3:00 PM Morning Madness	13 6:30 AM Morning Madness 3:00 PM Morning Madness	14 6:30 AM Morning Madness 3:00 PM Morning Madness	15 6:30 AM Morning Madness 3:00 PM Morning Madness	16 6:30 AM Morning Madness 3:00 PM Morning Madness	17
18 6:30 AM Morning Madness 3:00 PM Morning Madness	19 6:30 AM Morning Madness 3:00 PM Morning Madness	20 6:30 AM Morning Madness 3:00 PM Morning Madness	21 6:30 AM Morning Madness 3:00 PM Morning Madness	22 6:30 AM Morning Madness 3:00 PM Morning Madness	23 6:30 AM Morning Madness 3:00 PM Morning Madness	24
25 6:30 AM Morning Madness 3:00 PM Morning Madness	26 6:30 AM Morning Madness 3:00 PM Morning Madness	27 6:30 AM Morning Madness 3:00 PM Morning Madness	28 6:30 AM Morning Madness 3:00 PM Morning Madness	29 6:30 AM Morning Madness 3:00 PM Morning Madness	30 6:30 AM Morning Madness 3:00 PM Morning Madness	1

May 2010

April 2010							May 2010							June 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3						1			1	2	3	4	5	
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30			
							30	31												

 Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 6:30 AM Morning Madness 3:00 PM Morning Madness	26 6:30 AM Morning Madness 3:00 PM Morning Madness	27 6:30 AM Morning Madness 3:00 PM Morning Madness	28	29 6:30 AM Morning Madness 3:00 PM Morning Madness	30 6:30 AM Morning Madness 3:00 PM Morning Madness	1
2 6:30 AM Morning Madness 3:00 PM Morning Madness	3 6:30 AM Morning Madness 3:00 PM Morning Madness	4 6:30 AM Morning Madness 3:00 PM Morning Madness	5	6 6:30 AM Morning Madness 3:00 PM Morning Madness	7 6:30 AM Morning Madness 3:00 PM Morning Madness	8
9 6:30 AM Morning Madness 3:00 PM Morning Madness	10 6:30 AM Morning Madness 3:00 PM Morning Madness	11 6:30 AM Morning Madness 3:00 PM Morning Madness	12	13 6:30 AM Morning Madness 3:00 PM Morning Madness	14 6:30 AM Morning Madness (Strength Test) 6:30 AM Strength Test 3:00 PM Morning Madness	15 44 Speed a...trength Days
16	17	18 3:15 PM Eaglet Pigskin (flight training)	19 3:15 PM Eaglet Pigskin (flight training)	20 3:15 PM Eaglet Pigskin (flight training)	21	22
23	24	25	26	27	28	29
	Finals	Finals	Finals Schools Over			
30	31	1	2	3	4	5

June 2010

May 2010							June 2010							July 2010								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
						1			1	2	3	4	5							1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10		
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17		
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24		
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31		
30	31																					

■ Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 ■ 5:00 PM Spring Football	8 ■ 5:00 PM Spring Football	9 ■ 5:00 PM Spring Football	10 ■ 5:00 PM Spring Football	11 ■ 5:00 PM Spring Football	12
13 ■ 8:00 AM Iron Eagle/Start 32 Lift Days 24 Required ■ 5:00 PM Spring Football	14 ■ 8:00 AM Iron Eagle ■ 5:00 PM Spring Football	15 ■ 5:00 PM Spring Football	16 ■ 8:00 AM Iron Eagle ■ 3:00 PM Spring Game/ Beach BBQ	17 ■ 8:00 AM Iron Eagle ■ 3:00 PM Spring Game/ Beach BBQ	18 SDSU Passing League ■ 8:00 AM Iron Eagle	19 SDSU Passing League
20 ■ 8:00 AM Iron Eagle	21 ■ 8:00 AM Iron Eagle ■ 5:00 PM Pass/Pass D Practice	22 ■ 8:00 AM Iron Eagle ■ 5:00 PM Pass/Pass D Practice	23	24 ■ 8:00 AM Iron Eagle ■ 3:00 PM @ Torrey Pines	25 ■ 8:00 AM Iron Eagle	26 ■ 10:00 AM Intersquad on Tuesdays compete on Thursdays
27 ■ 8:00 AM Iron Eagle	28 ■ 8:00 AM Iron Eagle ■ 5:00 PM Pass/Pass D Practice	29 ■ 8:00 AM Iron Eagle ■ 5:00 PM Pass/Pass D Practice	30	1 ■ 8:00 AM Iron Eagle ■ 5:00 PM Westview Pass- ing League	2 ■ 8:00 AM Iron Eagle	3

July 2010

June 2010							July 2010							August 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30	31				

 Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 8:00 AM Iron Eagle	28 8:00 AM Iron Eagle 5:00 PM Pass/Pass D Practice	29	30	1 8:00 AM Iron Eagle 5:00 PM Westview Passing League	2 8:00 AM Iron Eagle	3
4 8:00 AM Iron Eagle	5 8:00 AM Iron Eagle 5:00 PM Pass/Pass D Practice	6	7	8 8:00 AM Iron Eagle 4:00 PM Escondido Passing League	9 8:00 AM Iron Eagle	10
11 8:00 AM Iron Eagle	12 8:00 AM Iron Eagle 6:00 PM Pass/Pass D Practice	13	14	15 8:00 AM Iron Eagle 5:00 PM Poway/RB Passing League	16 8:00 AM Iron Eagle	17
18 8:00 AM Iron Eagle	19 8:00 AM Iron Eagle 6:00 PM Pass/Pass D Practice	20	21	22 8:00 AM Iron Eagle 5:00 PM Mount Carmel Passing League	23 No. County Passing League 8:00 AM Iron Eagle	24 No. County Passing League 10:00 PM 32 Lift Days 24 Required
25 Dead Week 8:00 AM Iron Eagle	26 Dead Week 8:00 AM Iron Eagle	27 Dead Week	28 Dead Week	29 Dead Week 8:00 AM Iron Eagle	30 Dead Week 8:00 AM Iron Eagle	31 Dead Week

August 2010


July 2010							August 2010							September 2010									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
					1	2	3	1	2	3	4	5	6	7						1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11			
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18			
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25			
25	26	27	28	29	30	31	29	30	31					26	27	28	29	30					

■ Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Dead Week	2 Dead Week	3 Dead Week	4 Dead Week	5 Dead Week	6 Dead Week	7 Dead Week ■ 12:01 AM Sierras/leave
8 Sierras Dead Week	9 ■ 5:00 PM Sierras/arrive	10	11	12 Hell Week 8...p.m. 5 p.m.	13 Hell Week 8...p.m. 5 p.m.	14 ■ 9:00 PM Hell Week 8 a.m. 1 p.m.
15 ■ 6:03 AM S & S ■ 9:15 AM First day of School	16 ■ 3:10 PM Practice	17 ■ 6:30 AM S & S ■ 3:10 PM Practice	18 ■ 3:10 PM Practice	19 ■ 2:10 PM Practice	20 ■ 10:00 AM Snicker Bowl 10'	21
22 ■ 6:30 AM S & S ■ 3:10 PM Practice	23 ■ 3:10 PM Practice	24 ■ 6:30 AM S & S ■ 3:10 PM Practice	25 ■ 3:10 PM Practice	26 ■ 6:00 PM New Event	27 Scrimmage @ RBV	28
29 ■ 6:30 AM S & S ■ 3:10 PM Practice	30 ■ 3:10 PM Practice	31 ■ 6:30 AM S & S ■ 3:10 PM Practice	1 ■ 3:10 PM Practice	2 ■ 2:10 PM Practice	3 ■ 2:00 PM Mater Dei	4

September 2010

August 2010							September 2010							October 2010							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7				1	2	3	4							1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	
														31							

 Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 6:30 AM S & S 3:10 PM Practice	30 3:10 PM Practice	31 6:30 AM S & S 3:10 PM Practice	1 3:10 PM Practice	2 2:10 PM Practice	3 2:00 PM Mater Dei	4
5 6:30 AM S & S 3:10 PM Practice	6 3:10 PM Practice	7 6:30 AM S & S 3:10 PM Practice	8 3:10 PM Practice	9 7:00 PM @ Helix	10	11
12 6:30 AM S & S 3:10 PM Practice	13 3:10 PM Practice	14 6:30 AM S & S 3:10 PM Practice	15 3:10 PM Practice	16 7:00 PM @ Coronado	17	18
19 6:30 AM S & S 3:10 PM Practice	20 3:10 PM Practice	21 6:30 AM S & S 3:10 PM Practice	22 3:10 PM Practice	23 7:00 PM @ Grossmont	24	25
26 6:30 AM S & S 3:10 PM Practice	27 3:10 PM Practice	28 6:30 AM S & S 3:10 PM Practice	29 3:10 PM Practice	30 2:10 PM Practice	1 2:00 PM La Jolla	2

October 2010


September 2010							October 2010							November 2010							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4						1	2			1	2	3	4	5	6
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					
							31														

 Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 6:30 AM S & S 3:10 PM Practice	27 3:10 PM Practice	28 6:30 AM S & S 3:10 PM Practice	29 3:10 PM Practice	30 2:10 PM Practice	1 2:00 PM La Jolla	2
3 6:30 AM S & S 3:10 PM Practice	4 3:10 PM Practice	5 6:30 AM S & S 3:10 PM Practice	6 3:10 PM Practice	7 2:10 PM Practice	8 2:00 PM Palo Verde	9
10 6:30 AM S & S 3:10 PM Practice	11 3:10 PM Practice	12 6:30 AM S & S 3:10 PM Practice	13 3:10 PM Practice	14 2:10 PM Practice	15 2:00 PM Bishops Homecoming	16
17 6:30 AM S & S 3:10 PM Practice	18 3:10 PM Practice	19 6:30 AM S & S 3:10 PM Practice	20 3:10 PM Practice	21 Bye 2:10 PM Practice	22	23
24 6:30 AM S & S 3:10 PM Practice	25 3:10 PM Practice	26 6:30 AM S & S 3:10 PM Practice	27 3:10 PM Practice	28 7:00 PM @ Christian	29	30
31 6:30 AM S & S 3:10 PM Practice	1 3:10 PM Practice	2 6:30 AM S & S 3:10 PM Practice	3 3:10 PM Practice	4 7:00 PM @ Parker	5	6

November 2010


October 2010							November 2010							December 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6			1	2	3	4		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24	25	26	27	28	29	30	28	29	30	26	27	28	29	30	31					
31																				

 Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 6:30 AM S & S 3:10 PM Practice	1 3:10 PM Practice	2 6:30 AM S & S 3:10 PM Practice	3 3:10 PM Practice	4 7:00 PM @ Parker	5	6
7 6:30 AM S & S 3:10 PM Practice	8 3:10 PM Practice	9 6:30 AM S & S 3:10 PM Practice	10 3:10 PM Practice	11 2:00 PM Horizon	12	13
14 6:30 AM S & S 3:10 PM Practice	15 3:10 PM Practice	16 6:30 AM S & S 3:10 PM Practice	17 3:10 PM Practice	18 7:00 PM Playoff	19	20
21 6:30 AM S & S 3:10 PM Practice	22 3:10 PM Practice	23 6:30 AM S & S 3:10 PM Practice	24 3:10 PM Practice	25 7:00 PM Playoff	26	27
28 6:30 AM S & S 3:10 PM Practice	29 3:10 PM Practice	30 6:30 AM S & S 3:10 PM Practice	1 3:10 PM Practice	2 2:10 PM Practice	3	4

December 2010

November 2010							December 2010							January 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			1	2	3	4							1	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31	23	24	25	26	27	28	29	
													30	31						

 Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 6:30 AM S & S 3:10 PM Practice	29 3:10 PM Practice	30 6:30 AM S & S 3:10 PM Practice	1 3:10 PM Practice	2 2:10 PM Practice	3	4
5 6:30 AM S & S 3:10 PM Practice	6 3:10 PM Practice	7 6:30 AM S & S 3:10 PM Practice	8 3:10 PM Practice	9 3:10 PM Practice	10	11
12 6:30 AM S & S 3:10 PM Practice	13 3:10 PM Practice	14 6:30 AM S & S 3:10 PM Practice	15 3:10 PM Practice	16 3:10 PM Practice	17	18
19 6:30 AM S & S 3:10 PM Practice	20 3:10 PM Practice	21 6:30 AM S & S 3:10 PM Practice	22 3:10 PM Practice	23 3:10 PM Practice	24	25
26 6:30 AM S & S 3:10 PM Practice	27 3:10 PM Practice	28 6:30 AM S & S 3:10 PM Practice	29 3:10 PM Practice	30 3:10 PM Practice	31	1