

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Weight Room	2 Weight Room	3 Spring Ball meeting @ lunch/8 th Grade Camp 4-5pm	4 8 th Grade Camp/Field work @ 4pm	5 Staff Meeting Powder Puff @ 6pm in the stadium	6
7	8 Spring Ball Week #1 4-5:30pm	9 Spring Ball Week #1 4-5:30pm 7am Weight Room	10 Spring Ball Week #1 4-5:30pm 7am Weight Room	11 Spring Ball Week #1 4-5:30pm 7am Weight Room	12 Weight Room	13 Colony Kicking Camp 10 am-2pm
14 Easter Sunday	15 Spring Ball Week #2 4-5:30pm	16 Spring Ball Week #2 4-5:30pm 7am Weight	17 Study Hall	18 Spring Ball Week #2 4-5:30pm 7am Weight Room 8 th grade camp	19 Weight Room	20 Lineman work on the field 9-2pm
21	22 Spring Ball Week #3 4-5:30pm	23 Spring Ball Week #3 4-5:30pm 7am Weight Room	24 Study Hall	25 Spring Ball Week #3 4-5:30pm 7am Weight Room 8 th grade camp	26 Weight Room	27 7 on 7 Home 4 way @10am
28	29 Spring Ball Week #4 4-5:30pm	30 Spring Ball Week #3 4-5:30pm 7am Weight Room				

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weight Room/Study Hall 3-4pm	2 Spring Ball Week #5 4-5:30pm 7am Weight Room	3 Weight Room/Study Hall 3-4pm	4 8 th Grade 7 on 7 tournament 9-4pm
5	6 Spring Ball Week #6 4-5:30pm	7 College Showcase @5pm Spring Ball Week #6 4-5:30pm	8 Weight Room/Study Hall 3-4pm	9 Spring Ball Week #6 Red/Blue Game in Stadium @ 5pm	10 Weight Room/Study Hall 3-4pm	11 Lineman work on the field 9-2 pm
12 Mother's Day	13 Weight Room/ Physicals @ 3:30 on campus	14 Weight Room/Study Hall 3-4pm	15 Weight Room/Study Hall 3-4pm	16 Weight Room/Study Hall 3-4pm	17 Weight Room/Study Hall 3-4pm	18 Youth Camp 5/6/7/8 Graders 9am-2pm
19	20 Finals Week (No Practice)	21 Finals Week	22 Finals Week	23 Last Day of school/Graduation	24 Colony Alumni Golf Tournament 8am @ Dos Lagos	25
26	27 Memorial Day NO Practice	28 Practice Summer Camp Begins All Levels Practice 2-5pm JV/Varsity Spirit Pack 6:30PM	29 Practice Freshman Parent Meeting @ 6:30pm in the gym SPIRIT PACK NIGHT Freshman	30 Practice All Levels 2:00-5:30pm	31	

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Fundraiser 6/10: Launch BLAST 6/11: Discount Card Night			1
2	3 Frosh 2-5pm Practice All Levels 2-5:30pm	4 Frosh 2-5pm Practice 7 ON 7/Lineman Home vs. Baldwin Park @ 5pm	5 Frosh 2-5pm Practice All Levels 2:00-5pm James Blast Video @ 5:30pm	6 Frosh practice 2-5pm Practice 7 on 7/Lineman vs. Etiwanda HS Varsity 4pm	7 No Practice	8 SDSU Passing Tournament Varsity Only
9 SDSU Passing Tournament Varsity Only	10 (Blast) Lecture Hall All Levels 3:00pm Practice All levels 4pm-6pm	11 Discount card night @ 6pm ALL LEVELS! Practice All Levels 2-5:30pm	12 Practice All Levels 2-5:00 Varsity 7 on 7/Lineman @ Damien HS 5PM	13 Practice Varsity 7 on 7/Lineman @ Jurupa Hills 5pm Frosh 3-5pm JV/Var 3-6pm	14 No Practice	15 Colony Classic 7 on 7/Lineman Competition (Freshman/JV Work)
16 Father's Day	17 Practice All Levels 2-5:30pm	18 Practice All Levels 2-5:30pm	19 Practice All Levels 2-5:30pm	20 Frosh 2-5pm Practice 7 on 7/Lineman Home vs. Upland @ 4:30pm	21 No Practice	22
23	24 Practice All Levels 2-5:30pm	25 Practice All Levels 2-5:30pm	26 Practice All Levels 2-5:30pm	27 Practice All Levels 2-5:30pm	28 Dead Period Begins No Practice	29

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	1 NO PRACTICE	2 NO PRACTICE	3 NO PRACTICE	4 Independence Day	5 NO PRACTICE	6
7	8 NO PRACTICE	9 NO PRACTICE	10 NO PRACTICE	11 NO PRACTICE	12 Last Day of Dead Period	13
14	15 Mandatory OTA All Levels 10am-1pm	16 Mandatory OTA All Levels 10am-1pm	17 Mandatory OTA All Levels 10am-1pm	18 Frosh 2-5pm Practice 7 on 7 Home vs. La Sierra/Valley View W/Lineman	19 No Practice **Colony Football Beach Day	20
21	22 Frosh 2-5pm JV/Varsity Pass Out Gear @ 1pm. practice @ 3-6pm	23 Frosh 3-5pm Frosh Pass Out Gear @ 1pm. Varsity practice 3-6pm	24 ALL LEVELS Football Starts 2pm-6pm Helmets Only *Power Point*	25 Frosh 2-5pm Helmets Only JV/Varsity 3 PM-6PM	26 Frosh 2-5pm Helmets Only JV/Varsity 3 PM-6PM	27
28	29 FULL PADS All levels 3 PM-6PM	30 Varsity 2 A day. 9am-12pm All levels 3-6pm Full Pads	31 FULL PADS All levels 3 PM-6PM			

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31			*After school for the entire season Freshman 3-5pm JV/VAR 3-6pm	1 Varsity 2 A day. 9am-12pm All levels 3 PM-6PM	2 Full Pads All levels 3pm – 6pm	3
4	5 Teachers report to school. Practice 3-6pm	6 Teachers report to school. Practice 3-6pm	7 Varsity Night Practice 4-7pm Freshman 3-5:30pm	8 FULL PADS All levels 3 PM-6PM	9 Red-White Scrimmage Time: TBD	10 Team Pictures: 8-11am ALL Levels
11	12 Practice After school the entire season!!	13 After school for the entire season Freshman 3-5 JV/Varsity 3-6	14 Varsity Night Practice 4-8pm Freshman/JV Practice: 3-5pm	15 All Levels! Scrimmage: @ Upland HS Frosh: 3:30 JV/5pm Var 7pm	16 Weight room/Review film/Scouting report	17 Varsity Practice: 9-12pm Lifting & Films
18	19 After school for the entire season Freshman 3-5 JV/Varsity 3-6	20 After school for the entire season Freshman 3-5 JV/Varsity 3-6	21 Gameday Freshman Home @ 3:30pm JV @ Ayala HS @ 3:30 PM	22 Gameday Varsity Home Ayala HS @ 7pm	23 Varsity Film Review Freshman practice 3pm	24 Varsity Practice: 9-12pm Lifting & Films
25	26 Freshman 3-5 JV/Varsity 3-6	27 Freshman 3-5 JV/Varsity 3-6	28 JV/Varsity Night Practice 5-7pm Freshman game @ El Modena HS 3:30	29 Gameday Varsity Away vs. El Modena @ 7pm	30 JV Away vs. El Modena @ 3:30pm	31 Varsity Practice: 9-12 pm

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Freshman 3-5 JV/Varsity 3-6	3 Freshman 3-5 JV/Varsity 3-6	4 Varsity Night Practice 4-8pm Freshman Game @ Chino Hills 3:30pm	5 Gameday JV Home vs. Chino Hills HS @ 3:30 pm	6 Gameday Varsity Away vs. Chino Hills @ 7pm	7 Varsity Practice: Lifting & Films 9-1pm
8	9 Labor Day (No School) Practice 9- 11:30am	10 Freshman 3-5 JV/Varsity 3-6	11 Varsity Night Practice 4-8pm Freshman/JV Practice: 3-5pm	12 Gameday Freshman Home @ 3:30pm JV @ Valley View HS 3:30 pm	13 Gameday Varsity Home vs. Valley View @ 7pm	14 Varsity Practice: Lifting & Films 9-1pm
15	16 BYE Week, NO game, Practice ALL week. 3-5pm	17 BYE Week, NO game, Practice ALL week. 3-5pm	18 BYE Week, NO game, Practice ALL week. 3-5pm	19 BYE Week, NO game, Practice ALL week. 3-5pm	20 BYE Week, NO game, Practice ALL week. 3-5pm	21 Varsity Practice: Lifting & Films 9-1pm
22	23 League Begins! Freshman 3-5 JV/Varsity 3-6	24 After school for the entire season Freshman 3-5 JV/Varsity 3-6	25 Varsity Night Practice 4- 8pm Freshman/JV Practice: 3-5pm	26 Gameday Freshman Home vs. Roosevelt @ 4pm JV @ Roosevelt HS @ 4 PM	27 Gameday Varsity Home vs. Roosevelt HS @ 7pm	28 Varsity Practice: Lifting & Films 9-1pm
29	30 Freshman 3-5 JV/Varsity 3-6					

OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LEAGUE BEGINS THIS WEEK!	1 After school for the entire season Freshman 3-5 JV/Varsity 3-6	2 Varsity Night Practice 5-8pm Freshman Game @ Los Osos HS 3:30PM	3 (League) JV vs. Los Osos Home @ 3:30pm	4 (League) Varsity Away vs. Los Osos HS @ 7pm	5 Varsity Practice: Lifting & Films 9-1pm
6	7 COLUMBUS DAY No School! Practice ALL Levels 8am-12pm	8 After school for the entire season Freshman 3-5 JV/Varsity 3-6	9 (League) Frosh Home vs. Glendora @ 3:30pm Varsity Night Practice 6pm	10 JV Away vs. Glendora HS @ 3:30pm	11 (League) Varsity Home vs. Glendora @ 7pm	12 Varsity Practice: Lifting & Films 9-1pm
13	14 After school for the entire season Freshman 3-5 JV/Varsity 3-6	15 After school for the entire season Freshman 3-5 JV/Varsity 3-6	16 Varsity Night Practice 4-8pm Freshman Game home vs. Charter Oak @ 3:30pm	17 (League) Varsity Away vs. Charter Oak HS @ 7pm	18 JV Home game vs. Charter Oak @ 3:30pm	19 Varsity Practice: Lifting & Films 9-1pm
20	21 After school for the entire season Freshman 3-5 JV/Varsity 3-6	22 After school for the entire season Freshman 3-5 JV/Varsity 3-6	23 Varsity Night Practice 6pm Freshman game Away @ Claremont HS	24 JV Home game vs. Claremont @ 3:30pm	25 (League) Varsity Away vs. Claremont HS @ 7PM	26 Varsity Practice: Lifting & Films 9-1pm
27	28 Freshman 3-5 JV/Varsity 3-6	29 Freshman 3-5 JV/Varsity 3-6	30 Varsity Night Practice 6pm Freshman game Home vs. Bonita @3:30 pm	31 JV Home vs. Bonita HS @ 3:30pm		

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 (League) Varsity Home vs. Bonita HS @ 7PM	2
3 CIF Pairing Released	4	5	6 Veterans Day No School	7	8 FIRST RD. CIF	9
10	11	12	13	14	15 SECOND RD. CIF	16
17	18	19	20	21	22 SEMI-FINALS CIF	23
24	25 TBA Thanksgiving Break Practice:TBA	26 TBA Thanksgiving Break Practice:TBA	27 TBA Thanksgiving Break Practice:TBA	28 Thanksgiving Day	29 FINAL'S CIF	30

DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Last day of school	16 CHRISTMAS BREAK	17
18	19	20	21	22	23 Christmas Eve	24 Christmas Day
25	26	27	28	29	30	