

## 2019 TRACY HIGH FOOTBALL

<b>May 2019</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Weight Room 6:30 am</b>	<b>1 Field 6:30 am</b>	<b>2 Weight Room 6:30 am</b>	<b>3 Field 6:30 am</b>	4
5	<b>6</b>	<b>7 Weight Room 6:30 am</b>	<b>8 Field 6:30 am</b>	<b>9 Weight Room 6:30 am</b>	<b>10 Field 6:30 am</b>	11
12  Mother's Day	<b>13</b>	<b>14 Weight Room 6:30 am</b>	<b>15 Field 6:30 am</b>	<b>16 Weight Room 6:30 am</b>	<b>17 Field 6:30 am</b>	18
19	<b>20</b>	<b>21 Weight Room 6:30 am</b>	<b>22 Field 6:30 am</b>	<b>23 Weight Room 6:30 am</b>	<b>24 Field 6:30 am</b>	25
26	<b>27  Memorial Day</b>	<b>28 Practice 4-6pm</b>	<b>29 Practice 4-6pm</b>	<b>30 Practice 4-6pm</b>	<b>31 Practice 4-6pm</b>	

## 2019 TRACY HIGH FOOTBALL

<b>June 2019</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>3</b> Weight Room 3pm Practice 4-6pm	<b>4</b> Weight Room 3pm Practice 4-6pm	<b>5</b> 7 on 7 5pm	<b>6</b> Weight Room 3pm Practice 4-6pm	<b>7</b> Weight Room 3pm Practice 4-6pm	8
9	<b>10</b> Weight Room 3pm Practice 4-6pm	<b>11</b> Weight Room 3pm Practice 4-6pm	<b>12</b> 7 on 7 5 pm	<b>13</b> Weight Room 3pm Practice 4-6pm	<b>14</b> Weight Room 3pm Practice 4-6pm	15
16  Father's Day	<b>17</b> WR & Run Var 8-10am JV 9-11am	<b>18</b> WR & Run Var 8-10am JV 9-11am	<b>19</b> 7 on 7 5pm WR & Run Var 8-10 JV 9-11am	<b>20</b> WR & Run Var 8-10am JV 9-11am	<b>21</b> WR & Run Var 8-10am JV 9-11am	22 Mitty 7 on 7 Var only
23	<b>24</b> WR & Run Var 8-10am JV 9-11am	<b>25</b> WR & Run Var 8-10am JV 9-11am	<b>26</b> 7 on 7 5pm WR & Run Var 8-10 JV 9-11am	<b>27</b> WR & Run Var 8-10am JV 9-11am	<b>28</b>	29
30						

## 2019 TRACY HIGH FOOTBALL

<b>July 2019</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>OFF</b>	<b>2</b> <b>OFF</b>	<b>3</b> <b>OFF</b>	<b>4</b> <b>OFF</b> <small>Independence Day</small>	<b>5</b> <b>OFF</b>	6
7	<b>8</b> WR & Run Var 8-10am JV 9-11am	<b>9</b> WR & Run Var 8-10am JV 9-11am	<b>10</b> WR & Run Var 8-10am JV 9-11am	<b>11</b> WR & Run Var 8-10am JV 9-11am	<b>12</b>	13
14	<b>15</b> WR & Run Var 8-10am JV 9-11am	<b>16</b> WR & Run Var 8-10am JV 9-11am	<b>17</b> WR & Run Var 8-10am JV 9-11am	<b>18</b> WR & Run Var 8-10am JV 9-11am	<b>19</b>	20
21	<b>22</b> WR & Run Var 8-10am JV 9-11am	<b>23</b> WR & Run Var 8-10am JV 9-11am	<b>24</b> WR & Run Var 8-10am JV 9-11am	<b>25</b> WR & Run Var 8-10am JV 9-11am	<b>26</b>	27
28	<b>29</b> Practice 4-6pm Helmets Only	<b>30</b> Practice 4-6pm Helmets Only	<b>31</b> Practice 4-6pm Helmets and Shoulder Pads			

## 2019 TRACY HIGH FOOTBALL

<b>August 2019</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Practice 3:30 Helmets and Shoulder Pads	<b>2</b> Practice 3:30 Helmets and Shoulder Pads	3
4	<b>5</b> Practice 3:30	<b>6</b> Practice 3:30  1 <sup>st</sup> Day of School	<b>7</b> Practice 3:30	<b>8</b> Practice 3:30	<b>9</b> Practice 3:30	10
11	<b>12</b> Practice 3:30	<b>13</b> Practice 3:30	<b>14</b> Practice 3:30	<b>15</b> Practice 3:30	<b>16</b> Practice 3:30	17 Oakdale Scrimmage  Booster Dinner
18	<b>19</b> Practice 3:30	<b>20</b> Practice 3:30	<b>21</b> Practice 3:30	<b>22</b> Practice 3:30	<b>23</b>  @ <b>Kimball</b>	24
25	<b>26</b> Film 3pm Practice 3:45pm	<b>27</b> Practice 3:30	<b>28</b> Practice 3:30	<b>29</b> Practice 3:30	<b>30</b>  @ <b>B.C.</b>	31

**2019 TRACY HIGH FOOTBALL**

<b>September 2019</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1	<b>2</b> Labor Day Film 8am Practice 9-11	<b>3</b> Practice 3:30	<b>4</b> Practice 3:30	<b>5</b> Practice 3:30	<b>6</b> @ Turlock	7
8	<b>9</b> Film 3pm Practice 3:45pm	<b>10</b> Practice 3:30	<b>11</b> Practice 3:30	<b>12</b> Practice 3:30	<b>13</b> Manteca	14
15	<b>16</b> Film 3pm Practice 3:45pm	<b>17</b> Practice 3:30	<b>18</b> Practice 3:30	<b>19</b> Practice 3:30	<b>20</b> Vacaville	21
22	<b>23</b> Film 3pm Practice 3:45pm	<b>24</b> Practice 3:30	<b>25</b> Practice 3:30	<b>26</b> Practice 3:30	<b>27</b> Bye No Practice	28
29	<b>30</b> Film 3pm Practice 3:45pm					

**2019 TRACY HIGH FOOTBALL**

<b>October 2019</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>1 Practice 3:30</b>	<b>2 Practice 3:30</b>	<b>3 Practice 3:30</b>	<b>4 Tokay</b>	<b>5</b>
<b>6</b>	<b>7 Film 3pm Practice 3:45pm</b>	<b>8 Practice 3:30</b>	<b>9 Practice 3:30</b>	<b>10 Practice 3:30</b>	<b>11 @ Lincoln</b>	<b>12</b>
<b>13</b>	<b>14 Film 3pm Practice 3:45pm</b>	<b>15 Practice 3:30</b>	<b>16 Practice 3:30</b>	<b>17 Practice 3:30</b>	<b>18 St. Mary's</b>	<b>19</b>
<b>20</b>	<b>21 Film 3pm Practice 3:45pm</b>	<b>22 Practice 3:30</b>	<b>23 Practice 3:30</b>	<b>24 Practice 3:30</b>	<b>25 Lodi</b>	<b>26</b>
<b>27</b>	<b>28 Film 3pm Practice 3:45pm</b>	<b>29 Practice 3:30</b>	<b>30 Practice 3:30</b>	<b>31 Practice 3:30</b>	<b>Nov. 1 West</b>	