

2019 TRACY HIGH FOOTBALL

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

2019 TRACY HIGH FOOTBALL

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

2019 TRACY HIGH FOOTBALL

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

2019 TRACY HIGH FOOTBALL

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

2019 TRACY HIGH FOOTBALL

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

2019 TRACY HIGH FOOTBALL

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