

# June

# 2022

All Weight Training is Mandatory Unless Participating in another Tracy High School Sport

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 30 Varsity weights and practice 8 – 11:30 am	May 31 Varsity weights and practice 8 – 11:30 am	1 Varsity weights and practice 8 – 11:30 am	2 Varsity weights and practice 8 – 11:30 am	3	4
5	6 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:30 pm - 7:00 pm	7 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:30 pm - 7:00 pm	8 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:30 pm - 7:00 pm	9 Parent Meeting at 6 pm Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:30 pm - 7:00 pm	10	11
12	13 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	14 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	Var 7 on 7 15 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 6:00 pm	16 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	17	18
19	20 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	21 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	Var 7 on 7 22 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm – 6:00	GOLD CARDS DUE 23 Varsity weights and practice 8 – 11:030 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	24	25
26	27 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	28 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	Var/JV 7 on 7 29 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm	30 Varsity weights and practice 8 – 11:30 am JV/Frosh WR/Practice 4:00 pm - 7:00 pm		TracyHighFootball.com

# July

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>TracyHighFootball.com</i>					1	2
3	4 OFF	5 Off	6 Off	7 Off	8 Off	9
10	11 <b>Summer Conditioning / Film Sessions Continued....</b> Var – 8 to 10 am Frosh/ JV- 5 to 7pm	12 Var – 8 to 10 am JV – 5 to 7 pm Frosh- 5 to 7pm	13 Var – 8 to 10 am JV – 5 to 7 pm Frosh- 5 to 7pm	14 Var – 8 to 10 am JV – 5 to 7 pm Frosh- 5 to 7pm	15	16
17	18 Var – 8 to 10 am JV – 5 to 7 pm Frosh- 5 to 7pm	19 Var – 8 to 10 am JV – 5 to 7 pm Frosh- 5 to 7pm	20 Var – 8 to 10 am JV – 5 to 7 pm Frosh- 5 to 7pm	21 Var – 8 to 10 am JV – 5 to 7 pm Frosh- 5 to 7pm	22	23
24	25 <b>Mandatory -</b> Acclimation Practices begin – Helmets Normal practice hours	26 <b>Mandatory -</b> Acclimation Practices begin - Helmets	27 <b>Mandatory -</b> Acclimation Practices begin – Helmets / SP	28 <b>Mandatory -</b> Acclimation Practices begin – Helmets / SP	29 <b>Mandatory -</b> Acclimation Practices begin – Helmets/ SP	30