

May

SPRING FOOTBALL PRACTICE BEGINS 5/5 – 5/22

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 (Track and Field League ENDS)	3
4 Football Try outs (If needed) 5/5 – 5/ 8	5 WR: 2:00 – 3:00 Practice – 3:30 - 5:30 Frosh All Sports Night @ 6pm	6 WR: 4:15-5:15 Practice: 5:15 -7	7 WR: 4:15- 5:15 Practice: 5:15-7:00	8 WR: 4:15-5:15 Practice: 5:15-7	9	10
11	12 WR: Var: 2:45-3:30 Practice: 3:45- 6:00 WR JV: 3:45- 4:30 Practice 4:45 – 6:30	13 Field Work: 4:15-5:00 Practice: 5-7 (track Trials) *	14 Field Work: 4:15- 5:00 Practice: 5:15-7:00	15 WR: 4:15-5:00 Film: 5 – 6:00	16	17
18 Summer Rosters Posted -	19 WR: Var: 2:45-3:30 Practice: 3:45- 6:00 WR JV: 3:45- 4:30 Practice 4:45 – 6:30	20 Field Work: 4:15-5:00 Practice: 5-7	21 Field Work: 4:15- 5:00 Practice: 5:15-7:00	22 WR: 4:15-5:00 Film: 5- 6:00 pm	23	24
25	26 Off	27 WR: 1:00 – 2:00 pm Finals Week Off	28 WR: 1:00 – 2:00 pm Finals Week off	29 WR: 1:00 – 2:00 Finals Week Off	30	31

June

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Frosh- Practice #1 4:00 – 7 Football Field	5 Frosh 4:00 – 7pm	6 Frosh – 4:00 – 7 VAR- 4	7 San Jose State Univ Big Man Comp and 7 on 7 – Var only 7am – 7 pm+....
8	9 JV/Var- 3-7 pm Frosh – 4:00 – 7	10 JV/Var- 3- 7 pm Frosh – 4:00 – 7	11 JV/Var 7 on 7 Frosh – 4:00 – 7 7 on 7 at home 5- 8 pm	12 JV/Var- 3-7 pm Frosh – 4:00 – 7	13 JV/Var Off Frosh – 4:00 – 7	14
15	16 JV/Var- 3- 7 pm Frosh – 4:30 – 7	17 Vertical Raise 4:15 JV/Var- 4:15 - 7 Frosh –4:15-7	18 JV/Var- 3- 7 pm Frosh – 4:30 – 7	19 Var- 3-7 /Frosh – 4:30 – 7	20 JV/Var-off Frosh – 4:30 – 7	21
22	23 Del Valle Hike Leave THS @ 9 am	24 JV/Var- 3- 7 pm Frosh – 4:30 – 7	25 JV/Var- 7 on 7 Frosh – 7 on 7 7 on 7 - 5-8	26 JV/Var- 3- 7 pm Frosh – 4:30 – 7	27 Var- UC Davis 7 on 7 JV/ Frosh – Practice 4-7	28
29	30 OFF					

July

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DEAD PERIOD= Take Vacations	2	3	4	5
6	7	8	9	10	11	12
13	14 LAST DAY OF DEAD PERIOD	15 Var: 9:00 – 11:00 am JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	16 Var: 9:00 – 11:00 am JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	17 Var: 9:00 – 11:00 am JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	18 Off	19
20	21 Var: Equip Handout Var: 9:00 – 11:00 am JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	22 JV: Equipment Handout Var: 9:00 – 11:00 am JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	23 FR: Equipment Handout Var: 9:00 – 11:00 am JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	24 Var: 9:00 – 11:00 am JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	25 Off	26
27 Acclimation Week Mandatory for all before Padded Participation	28 Helmets Only Var: 4:00 – 6:30 pm JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	29 Helmets Only Var: 4:00 – 6:30 pm JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	30 Helmet/Shoulder Pads Var: 4:00 – 6:30 pm JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	31 Helmet /Shoulder Pads Var: 4:00 – 6:30 pm JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	1 Helmet/Shoulder Pads Var: 4:00 – 6:30 pm JV: 4:00 – 6:30 pm FR: 4:00 – 6:30 pm	

August

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Var: Film N107 JV- Film D202 Frosh- Film N108	5 Full Pads – Season Practice Begins 4:00 WR / 5-7 Practice	6	7	8	9
10	11	12	13	14	15 @ Oakdale For times... www.tracyhighfootball.com	16
17	18	19	20	21 East Union	22 WEST	23
24	25	26	27	28 Turlock	29 @Turlock	30
31						

September

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 @ MH	5 @ Mountain House	6
7	8	9	10	11 Liberty	12 Liberty	13
14	15	16	17	18 @ Pleasant Valley *5:00 pm	19 @ Pleasant Valley	20
21	22 Gold card fund 2:30	23	24	25	26 OFF	27
28	29	30				

October

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 @ Edison	3 @ Edison	4
5	6	7	8	9 Lodi	10 Lodi	11
12	13	14	15	16 Lincoln	17 Lincoln	18
19	20	21	22	23 @ St. Mary's	24 @ St Mary's	25
26	27	28	29	30 @ San Ramon Valley	31 Kimball	

November

2025

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

December

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	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	29	30	31			