

February-

PLAY or LIFT

Weight training is Mandatory if not participating in a current sport
@Tracy High School.

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Weight Room Day 1 All players outside of sport Report Weight RM 4:15- 5:15	31 Day 2 –All Frosh/JV and new participants – Power lift training 4:15 – 5:15	1 Day 3 –All Frosh/JV and new participants – Power lift training 2:30 -3:30	2 Day 4 – All Frosh/JV and new participants – Power lift training 4:15 – 5:15	3 OFF	4
5	6 Day 5 – All Frosh/JV and new participants – Power lift training 4:15 – 5:15	7 Day 6 – All Frosh/JV and new participants – Power lift training 4:15 – 5:15	8 Day 7 – All Frosh/JV and new participants – Power lift training 2:30 -3:30	9 Day 8 – All Frosh/JV and new participants – Power lift training 4:15 – 5:15	10 OFF	11
12	13 No school	14 Varsity Addition – All Levels – Mandatory period for Out of Season Athletes	15 Weight Room Only No Cleats – No Run 2:30 -3:30	16 Weight Room Only No Cleats – No Run 4:15 – 5:15	17 OFF	18
19	20 No School	21 Weight Room Only No Cleats – No Run 4:15 – 5:15	22 Weight Room Only No Cleats – No Run 2:30 -3:30	23 Weight Room Only No Cleats – No Run 4:15 – 5:15	24 OFF	25
26	27 Weight Room Only No Cleats – No Run 4:15 – 5:15	28 Weight Room Only No Cleats – No Run 4:15 – 5:15				

March-

PLAY or LIFT

Weight training is Mandatory if not participating in a current sport
@Tracy High School.

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weight Room 2:30 – 3:30	2 Weight Room 4:15 – 5:15	3	4
5	6 Weight Room 4:15 – 5:15	7 Weight Room 4:15 – 5:15	8 Weight Room 2:30 – 3:30	9 Weight Room 4:15 – 5:15	10	11
12	13 Weight Room 4:15 – 5:15	14 Weight Room 4:15 – 5:15	15 Weight Room 2:30 – 3:30	16 Weight Room 4:15 – 5:15	17	18
19	20 Weight Room 4:15 – 5:15	21 Weight Room 4:15 – 5:15	22 Weight Room 2:30 – 3:30	23 Weight Room 4:15 – 5:15	24	25
26	27 Weight Room – Max Week 4:15 – 5:15	28 Weight Room – Max Week 4:15 – 5:15	29 Weight Room – Max Week 2:30 – 3:30	30 Weight Room – Max Week 4:15 – 5:15	31	

April-

Weight training is Mandatory if not participating in a current sport
@Tracy High School. Players on Spring Rosters excused

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Weight Room – 4:15 – 5:30 pm	4 Weight Room – 4:15 – 6:00 pm	5 Weight Room 2:30- 4:00	6 Weight Room – 4:15 – 6:00 pm	7	8
9	10 OFF	11 OFF	12 OFF	13 OFF	14	15
16	17 Weight Room 4:15 – 6:00 pm Mobility / Agility Route memorization period	18 Weight Room – 4:15 – 6:00 pm Mobility / Agility Route memorization period	19 Weight Room 2:30- 4:00 pm	20 Weight Room – 4:15 – 6:00 pm Mobility / Agility Route memorization period	21	22
23	24 Weight Room 4:15 – 5:30 pm Mobility / Agility Route memorization period	25 Weight Room – 4:15 – 6:00 pm Speed/ Agility Route memorization period	26 Weight Room 2:30- 4:00	27 Weight Room – 4:15 – 6:00 Speed/ Agility Route memorization period	28	29

May

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Weight Room 4:15 – 5:30	2 Weight Room – 4:15 – 6:00 pm Mobility / Agility Route memorization period	3 Weight Room 2:30- 4:00	4 Weight Room – 4:15 – 6:00 pm Mobility / Agility Route memorization period	5	6
7	8 INCOMING FROSH SIGN UP @ 6:00 pm in MAIN GYM JV/VAR Practice 5:30-7:00 pm	9 Spring Football Practice Weight room 4:15-5:00 Practice 6-8:00 pm	10 Spring Football Practice Weight room 4:15-5:00 Practice 6-8:00 pm	11 Spring Football Practice Weight room 4:15-5:00 Practice 6-8:00 pm	12	13
14	15 Spring Football Practice Weight room 4:15-5:00 Practice 6-8:00 pm	16 Spring Football Practice Weight room 4:15-5:00 Practice 6-8:00 pm	17 Spring Football Practice Weight room 4:15-5:00 Practice 6-8:00 pm	18 Spring Football Practice Weight room 4:15-5:00 Practice 6-8:00 pm	19	20
21	22 OFF	23 GRAD / FINALS	24 WEEK	25 OFF	26	27
28	29 OFF	30 OFF	31 OFF			

June

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Var 7 on 7 practice Sac State -9:00 am	2 Var 7 on 7 practice Sac State 9:00 am	3 Sac State 7 on 7 Passing, Var only Meet at THS : time TBD
4	5 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	6 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	7 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	8 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	9	10
11	12 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	13 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	14 7 on 7 5-8 pm Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	15 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	16	17
18	19 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	20 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	21 7 on 7 5-8 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	22 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	23	24
25	26 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	27 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	28 7 on 7 5-8 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	29 Varsity / JV Frosh – Practice 5:00 pm - 7:00 pm	30	

July

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 OFF	4 OFF	5 OFF	6 OFF	7 OFF	8
9	10 Weight Room 9-11 am FR/JV Levels 5-7 pm practice	11 Weight Room 9-11 am FR/JV Levels 5-7 pm practice	12 Weight Room 9-11 am FR/JV Levels 5-7 pm practice	13 Weight Room 9-11 am FR/JV Levels 5-7 pm practice	14	15
16	17 Weight Room 9-11 am -Var Gear Handout FR/JV Levels 5-7 pm practice	18 Weight Room 9-11 am -Var Gear /JV Gear FR/JV Levels 5-7 pm practice	19 Weight Room 9-11 am JV/ Gear FR/JV Levels 5-7 pm practice	20 Weight Room 9-11 am Frosh Gear Handout FR/JV Levels 5-7 pm practice	21 Weight Room 9-11 am Frosh Gear Handout FR/JV Levels 5-7 pm practice	22
23 ACCLIMATION PERIOD 2 days helmets 3 days shoulders and helmets Mandatory before Full Participation	24 Mandatory In season Practice Begins All Levels 5 – 730 pm Helmets	25 Mandatory In season Practice Begins All Levels 5 – 730 pm Helmets	26 Mandatory In season Practice Begins All Levels 5 – 730 pm Helmets and Shoulders	27 Mandatory In season Practice Begins All Levels 5 – 730pm Helmets and Shoulders	28 Mandatory In season Practice Begins All Levels 5 – 730 pm Helmets and Shoulders	29
30	31 Mandatory In season Practice Begins All Levels 5 – 730 pm Full Gear					