

Tracy High Football

May 2021

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17							1
18	2	3	4	5	6 Frosh Banquet 2021	7	8 Varsity Banquet 2021
19	9	10 JV Banquet 2021	11	12	13	14 Coaches Meeting	15
20	16	17 Tentative Weight room Conditioning	18 Weight Room / Conditioning 3:30 - 5:30 JV and Varsity	19 Weight Room / Conditioning 3:30 - 5:30 JV and Varsity	20 Weight Room / Conditioning 3:30 - 5:30 JV and Varsity	21	22
21	23	24 Weight Room / Conditioning 3:30 - 5:30 JV and Varsity	25 Weight Room / Conditioning 3:30 - 5:30 JV and Varsity	26 Weight Room / Conditioning 3:30 - 5:30 JV and Varsity	27 Weight Room / Conditioning 3:30 - 5:30 JV and Varsity	28	29
22	30	31 Memorial Day					

June 2021

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22			1 Spring Ball All 5-9:00 pm All levels	2 Spring Ball Gold CARD Fundraiser	3 Spring Ball	4 Spring Ball Vertical raise fundraiser	5
23	6	7 Spring Ball	8 Spring Ball	9 Spring Ball Week 1 - 7 on 7 6:00 - 9:00 pm JV and Varsity	10 Spring Ball	11	12
24	13	14 Spring Ball	15 Spring Ball	16 Spring Ball Week 2 - 7 on 7 6:00 - 9:00 pm JV and Varsity	17 Gold Card Blitz Night	18	19
25	20	21 Weight Room/ Conditioning	22 Weight Room/ Conditioning	23 Weight Room/ Conditioning Week 3- 7 on 7 6:00 - 9:00 pm JV and Varsity	24 Weight Room/ Conditioning	25	26
26	27	28 Weight Room/ Conditioning	29 Weight Room/ Conditioning	30 Weight Room/ Conditioning Week 4- 7 on 7 6:00 - 9:00 pm JV and Varsity			

July 2021

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26					1 OFF Excused Vacation period	2 OFF	3
27	4 Independence Day	5 OFF	6 Weight Room/ Conditioning 9:00–11:00 am	7 Weight Room/ Conditioning	8 Weight Room/ Conditioning	9 OFF	10
28	11	12 Weight Room/ Conditioning	13 Weight Room/ Conditioning	14 Weight Room/ Conditioning Varsity Equip Handout	15 Weight Room/ Conditioning Frosh/ JV Equip Handout	16 OFF	17
29	18	19 Weight Room/ Conditioning	20 Weight Room/ Conditioning	28 Weight Room/ Conditioning	29 Weight Room/ Conditioning	23 OFF	24
30	25	26 Helmets Only	27 Helmets Only	28 Helmets and Shells	29 Helmets and Shells	30 Helmets and Shells	31

August 2021

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 Practice 3:30- 6:00 pm	3 Practice	4 Practice	5 Practice	6 Green and Gold	7 Oakdale Film Session 9:00 –11:00 am
32	8	9 Practice	10 Practice	11 Practice	12 Practice	13 Oakdale Scrimmage Open to Public Frosh/JV @ 5:30 Var @ 7:00	14
33	15	16 Practice	17 Practice	18 Practice	19 Practice Var Team Dinner Frosh game	20 Week 0 Kimball	21 Fundraiser Dinner Portuguese Hall
34	22	23 Practice	24 Practice	25 Practice	26 Practice Var Team Dinner Frosh Game	27 Week1 Buhach	28
35	29	30 Practice	31 Practice				

September 2021

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
35				1 Practice	2 Practice Var Team Dinner Frosh Game	3 Week 3 @Franklin EG	4
36	5	6 Practice	7 Practice	8 Practice	9 Practice Var Team Dinner Frosh Game	10 Week 4 @Pacheco	11
37	12	13 Practice	14 Practice	15 Practice	16 Practice Var Team Dinner Frosh Game	17 Week 5 @Vacaville	18
38	19	20 Practice	21 Practice	22 Practice	23 No Practice Plan Long Weekend	24 BYE WEEK	25
39	26	27 Practice	28 Practice	29 Practice	30 Practice Var Team Dinner Frosh Homecoming		

October 2021

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
39						1 League Starts Week 6 St. Mary's -	2
40	3	4 Practice	5 Practice	6 Practice	7 Practice Team Dinner Frosh Game	8 Week 7 Lincoln -	9
41	10	11 Practice	12 Practice	13 Practice	14 Practice Team Dinner Frosh Game	15 Week 8 @ Lodi (Grapebowl)	16
42	17	18 Practice	19 Practice	20 Practice	21 Practice Team Dinner Frosh Game	22 Week 9 @ Tokay	23
43	24	25 Practice	26 Practice	27 Practice	28 Practice Team Dinner Frosh Game	29 Week 10 West	30
44	31						

November 2021

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
44		1 Hopefully Practice 😊	2	3	4	5 Playoffs Round 1 -TBD	6
45	7	8	9	10	11 Veterans' Day	12 Playoffs Round 2 -TBD	13
46	14	15	16	17	18	19	20
47	21	22	23	24	25 Thanksgiving	26	27
48	28	29	30				

December 2021

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
48				1	2	3	4
49	5	6	7	8	9	10	11
50	12	13	14	15	16	17	18
51	19	20	21	22	23	24	<b style="color: red;">25 Christmas Day
52	26	27	28	29	30	31	
