

# Union Football



"Our goal is to take the  
North and never give it back"

# COACHING PHILOSOPHY

## Our Mission

“Relationships. Tradition. Passion. We are passionately dedicated to the service of others. The process of success as student athletes and coaches is vital to our tradition as Cougars. We take pride in who we are and the community we represent.”

## Philosophy

### **WB4m = WE BEFORE me**

There is no one person greater on this team or in life that represents themselves beyond the betterment of the WE collectively. What WE cannot do alone we can always do together. Everything we do is with passion and purpose. How we treat each other, how we treat our coaches, how we treat our peers, how we treat our educators, how we treat others within the community is a reflection of the WE. Remember who you are and what you represent. Great players win games. Great TEAMS win championships on and off the field.

### **Lead by Example**

“Remember who you are and what you represent.” There are things in life that are bigger than us. Coaches must always remember the simple instruction that is given to you when you walk off a plane: “Please return your tray table and seat-back to the upright and locked position. Look around your area and please remove any trash you may have left behind. Be sure to LEAVE IT BETTER THAN YOU FOUND IT.” Our goal is to ALWAYS leave it better than we found it. What it looks like when we get here is irrelevant. What are you doing to prop up? What are you doing to champion? What are you doing to leave it better than you found it?

### **Organization**

We will be organized. From offseason schedules to in season practice plans all the way down to what we wear on game day. Every aspect of our program is planned, written down and communicated effectively. How we manage and catalogue equipment, how we store equipment effectively, practice schedules, practice scripts, coaching clinics, 7 on 7, pre-season scheduling. Everything has a purpose and we will do it with passion to the very last detail.

### **Be Disciplined and Dedicated**

There is a common misconception in society today. Hard work isn't necessary to achieve goals. We are afraid to allow failure in hopes of allowing success in itself to guide and direct satisfaction. The problem with this abstract idea is that resilience is built through experience. If we do not allow our kids to fail we have failed at allowing them to grow. We do not fear failure as failure is a part of the success process. Failure teaches me that dedication and discipline are necessary. Whether it's grades, attendance or how you perform on the field. Everything we do we do with discipline and dedication (passion). Disciplined football players are disciplined students. Disciplined students are assets to society.

### **Have Goals**

"Failing to plan is planning to fail." We cannot measure success without a starting point. Every player will meet with me in the offseason. I do what I say and I say what I mean. EVERY player in our program will meet with me personally one on one every offseason. We will discuss their goals. Goals must be measurable. Goals must have timelines (dedicated). Goals must have an essence of accountability (discipline). We will have community goals. We will have academic goals. We will have football goals. A copy of these goals will be held by the student athlete and myself. Each of us will sign these goals as a method of accountability to each other. Goals matter. Growth Matters. Success matters.

### **Academics**

Academics are always first. STUDENT-athlete... First word... STUDENT. Being an athlete in an academic setting is a privilege—it's not a right. I demand dedication and discipline as a football player. If you can be dedicated on the field, there is zero reason you cannot be disciplined and dedicated in the classroom. Smart students make smart football players. Smart football players make good teammates. Good teammates make good people. Players that struggle academically will be given every resource at our disposal to ensure they are successful as students first. We will establish a study hall and engage through peer tutoring within the program. If you have a desire to play football beyond high school you will come to a rude awakening

during recruitment. One of the first questions that will always be asked: "What is your GPA?" The next question: "What did you get on the ACT?" Academics is more important than football.

**ALWAYS-NEVER CHECKLIST**

Always work hard

Always be honest

Always ask questions

Always emphasize the WE

Never be selfish

Never be lazy

Never be dishonest

Never take it for granted

**GET ON THE SHIP!**

# BUILDING A PROGRAM

*“Rules without relationships lead to rebellion.”*

# Step 1

## **Administrative Relationships**

All organizational structures have hierarchy. There’s nothing wrong with that. People need to be led. It is my job as a Head Coach to lead our football program. It is also my job as a leader to TEACH my players that following instructions, being a good teammate, understanding a purpose greater than myself and serving others is what creates an atmosphere of trust and delivers transformative outcomes. I view the relationship between an Administration and a Head Coach as sacred. Open communication, fairness and dedication to the success of the relationship is pivotal in driving a program towards a common purpose. I strive to be a leader who is willing to be led, to be a part of something bigger than me. To allow guidance and direction from people who may see beyond the trees in front of me.

# Step 2

## **Player Relationships**

I’ve said as long as anyone will listen, that I am an average football coach. I do pride myself on being one of the most relationship driven coaches. Our players are why we do this. I will never hire a coach that believes that football is bigger than the person. It is never about us and it is ALWAYS about them. Players win games. Players drive program success. Players are the program. Everything I do, that we do as a football staff is to the betterment of our players and their development as human beings. We build up, we do not tear down. Disciplining is not tearing down. Disciplining demonstrates our ability to care beyond the game. We do not make life about football, we make football about of life. There’s a duality to this game that allows us a platform to reach young people we wouldn’t otherwise have. Our purpose has to be to leave it better than we found it. It starts with how we love our players beyond the game of football.

# Step 3

## **Teacher Relationships**

I have been fortunate enough to find success in business prior to my coaching career. I'll never forget something my dad said to me at a Christmas party one year. See, my dad worked at one of the treatment centers I owned. There was a coworker there from another treatment center that my dad didn't know worked with, us. I said "Oh yeah, he works for me." My dad looked at me with this disgusted look. "No one works FOR you son. You work with him. I didn't raise you to be better than anyone. You bleed the same way they do. Their sacrifices may be minuscule in your mind but they are sacrifices. Don't ever forget I raised you to be humble and serve others." I was offended. Then I thought about it. He was right. We have a symbiotic relationship with our peers as educators. They sacrifice in the same and very different ways than we do as coaches. We have to strive to lift them up and champion the work they do to develop young people. It may not be the way we do it or in a way that we understand but it matters. It has a lasting impact. Our players will ALWAYS respect their teachers. They will always work hard in class. They will champion the work their teachers put in. There is no excuse for bad behavior, disrespect or laziness in the classroom.

# Step 4

## **Community Relationships (Little League)**

It has been iterated throughout... remember who you are and what you represent. This community is where we come from. This community is what shapes up. Community is defined as "a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals." Fellowship. Such a powerful word. A sense of belonging. A sense of brother/sisterhood. Family. I don't hear it as often as I should—SCHOOL PRIDE. The people that shape this community are the backbone of what drives our character as Grizzlies. Have pride in your community. Be a servant to your community. Make this community better than you found it. This goes along with the little league program. Take pride in our youth. They are our program. They are our future. We have to infuse as much time, knowledge and resources into the little league program if we want to create sustainability. It's the economic principle of

probabilistic beliefs. If we invest in the asset we have today and shape it by what we know from the past, intuitively the asset value will increase over time.

# Step 5

## **Good Coaches**

As was said earlier, players win games. Bad coaches, also, lose games but they do far more than that—they kill programs. They kill culture. They kill any ability we have of being helpful. I will not hire a coach that coaches for the sole purpose of football or self gratification. You will have to have a track record of selfless servitude of others to coach in this football program. It's a non-negotiable. I want transformative men and women to lead this program. I do not have the time or energy for transactional coaches on this staff. The bottom line to be a coach on this staff—be a good person. Work hard. Be honest. Ask questions.

# Step 6

## **Singleness of Purpose (Culture)**

Just like I take pride in building relationships, I believe it's an honor to develop culture within an organization/program. There's been more books written than anyone will ever read on the should's and should not's of how to effectively build "good" culture. To me... culture is culture. Good or bad it doesn't matter. It's how you deal with the good—deal with the bad that defines whether culture is healthy or sustainable. I'm a big believer in school spirit and taking pride in where you come from. It's all about our messaging. It's all about our communication. It's all about how we drive confidence. To build culture that is substantive and sustained you need to have empowered people at every level within the program. Everyone's important. Everyone has ownership. Everyone has opportunity. Confrontation has this negative connotation associated with it; however, healthy confrontation is the bedrock on which a meaningful purposeful culture can be built. How WE confront problems. How WE take ownership. How WE seize the opportunity to sacrifice for the betterment of the whole. That's culture. That builds resilience. That creates substance to the relationships within the program. We strive to take care of each other. To serve one

another. Sometimes that means getting uncomfortable and confronting tough topics but we do it out of love for the greater good.

# Step 7

## **Tradition**

Tradition matters. Sports enhance social and cultural life by bringing together individuals and communities from diverse backgrounds, education and belief systems. Athletics teach us how to overcome differences, encourage dialogue, break down prejudices and stereotypes. Athletics has been a driving force in breaking down barriers of race and discrimination in this country for over a hundred years. That matters. What we do matters. Giving kids a platform to encourage positive outcomes through differences is a building block in developing strong communities. Pride in where you come from. Having pride in wearing that black and yellow and understanding it represents something bigger than you. Tradition matters.

# Step 8

## **Offseason (Weight Room)**

Although not the most important of our 10 step process, it may have the most widespread impact on outcomes. The weight room is paramount in us building a sustainable–successful program. It's not just about our athletes getting bigger, stronger and faster. The weight room helps develop patterns of behavior that create success long after football is over. Pushing yourself and holding each other accountable in the weight room creates an atmosphere of inclusion and accountability. Building resilience through experience helps draft cultural norms that are derivative of dedication and discipline—two of our guiding principles. The weight room is the number one tool we have in building not only physical toughness but mental toughness. Mental toughness will take you more places in this lifetime than physical strength ever will. Most importantly it puts us in the same room together. We get to share memories and time with people we care about and care about seeing them learn and grow.

# Step 9

## Fundraising

The elephant in the room that no one likes to talk about. Fundraising has widespread impacts on a program. Just like we believe in tradition and having pride in where we come from, this allows the opportunity to engage with our community and formulate a sense of belonging. It, also, allows us the opportunity to be of service within our community and give them the opportunity to give back to the program. I believe in a multi-pronged approach to fundraising. In an ideal setting we would offer fundraising opportunities throughout the year with one last kickoff right before the season starts. We would like to offer year round donation through a platform called RallyUp. This is an online email service that allows our players to create email lists that are approved by the individual receiving the email and allows them to donate at their discretion. Second would be our spring cleanup fundraiser where we put teams of four together and go out in the community to help individuals get their yard or other things ready for summer. The last would be our "card" sale, where we go out in the community and offer a discount card to local stores in the area for a set price. Whether we want to do it or not, fundraising is a driving force behind our ability to have a workable budget to run a successful program. Fundraising matters.

# Step 10

## Win

We have to win. Bottom line is winning solves all problems in coaching. Does that just mean on the field? No... We have to win in the classroom. We have to win in the community. We have to take pride in being winners. There is nothing wrong with competing and wanting to win. There's a right way and a wrong way to win, also. We win with respect. We lose with respect. The point being, you have to know that winning isn't wrong. Winning is part of life. Be willing to make the sacrifices it takes to win in all aspects of your life as a student athlete or coach.

**OFFSEASON**

**Start:** Offseason program begins at the conclusion of winter sports (sometime the beginning of February).

**Moratorium:** Moratorium will be set as required by UHSAA rules. Dates and times will be provided well in advance. We ask that vacations etc. be scheduled during moratorium as to not limit participation in the offseason program.

**Spring Break:** Spring break and any other "school recognized vacation" will be viewed as excused, unless otherwise discussed for planned activities such as team camp or 7 on 7.

**Team Camp:** We will participate in a team camp prior to our own fall camp. This will include us traveling off-campus (sometimes out of state) for anywhere from 3-5 days. This usually takes place sometime in June.

**7 on 7:** Participation in 7 on 7 passing tournaments/league(s) will be requested from time to time in our offseason program. Dates and times will be made available in advance.

## Schedule

### February - July

Zero Hour Weights: 6:00 - 7:30 AM (M,T,Th,F)

### April - July

Team Meetings: Afternoon (Wednesday)

Fundraising: Spring Clean

### June

Acclimation: Week prior to camp

Team Camp: Beginning or middle of June (3-5 days)

### July

Acclimation: Week prior to start of season practices

### August

Practice: First season practices usually start the first day of August

Fundraising: Cards fundraiser week of Team Scrimmage + Golf Tournament

# RESPONSIBILITIES

<b>Position</b>	<b>Responsibility</b>
<b>Head Coach</b>	Admin, Scheduling, Fundraising, Offseason, Film, Clinics, Game plan, Equipment, Technology, Parents, Officials, Game day assignments
<b>Offensive Coordinator</b>	Film delegation, offensive scheme, depth chart, offensive staff assignment, stats, game plan, practice planning
<b>Defensive Coordinator</b>	Film delegation, defensive scheme, depth chart, defensive staff assignment, stats, game plan, practice planning
<b>Sp Team Coordinator</b>	Film delegation, ST scheme, depth chart, staff assignment, stats, game plan, practice planning
<b>OL Assistant</b>	Indi drills, film, game day assignment, personnel, stats
<b>DL Assistant</b>	Indi drills, film, game day assignment, personnel, stats
<b>LB Assistant</b>	Indi drills, film, game day assignment, personnel, stats
<b>RB Assistant</b>	Indi drills, film, game day assignment, personnel, stats
<b>WR Assistant</b>	Indi drills, film, game day assignment, personnel, stats
<b>TE Assistant</b>	Indi drills, film, game day assignment, personnel, stats
<b>DB Assistant</b>	Indi drills, film, game day assignment, personnel, stats
<b>QB Assistant</b>	Indi drills, film, game day assignment, personnel, stats

# PRACTICE SCHEDULE EXAMPLE

Practice		Emphasis		SPTs		Dress		Start Time		End Time	
Monday		Both				Shells		7:00 PM		9:00 PM	
Period		OL	TE	RB	WR	QB	DL	LB	DB		
1	5 Min	Dynamic Stretching									
2	8 Min	Special	Teams	OL Review	Kick Off						
3	4 Min	2 Point Plays									
4	10 Min	O Indy	Run	IZ Combos		Footwork & Ball Security	Stalk/Crack Blocking	Footwork & Ball Security	w/ Offensive Indy		
				OZ Combos							
5	8 Min	O Group	Run	Inside Run w/ RPOs							
6	8 Min	D Indy	Scheme	w/LB Alignment/Assignment		w/DL Alignment/Assignment		Cover 2 CB/S Combo corner break			
7	4 Min	Goaline		From the 5, 4, 3, 2, 1							
8											
9	8 Min	D Indy	Tackle	Tackle		Tackle		Tackle			
10	8 Min	O Team	Screens & PAP	See Script							
11	10 Min	O Indy	Pass	Pass Pro - Zeus & River/Lake	Routes - Kansas, Canada, Fuego, Rain, Naked			w/ Offensive Indy			
12	8 Min	O Group	Pass	Pass Under Pressure - See Script							
13	4 Min	Sub Pckges		Blitz Recall / Personnel Packages / Cans							
14	8 Min	D Indy	Pass Emphasis			Use Pass Drop Cheat Sheet		Discuss Cheat Sheet / Streth & Break Drill (splitting 2)			
15	12 Min	Full Drive		Team vs. Scout O							
				Need Sticks							
16	8 Min	O Team		Full Field w/ Situations							
				Need Sticks							

Practice		Emphasis		SPTs		Dress		Start Time		End Time	
Tuesday		Both		Kick Return		Full		7:00 PM		9:00 PM	
Period		OL	TE	RB	WR	QB	DL	LB	DB		
1	5 Min	Dynamic Stretching									
2	8 Min	Special	Teams	OL Review	Kick Return						
3	4 Min	2 Point Plays									
4	10 Min	O Indy	Run	Inside Run w/ RPOs							
5	8 Min	O Group	Run	Goal Line - 10 Yard Line							
6	8 Min	D Indy	Takeaway	Takeaway	Takeaway	Takeaway					
7	4 Min	Pursuit		Ute Pursuit							
8	8 Min	Inside	Run	Inside Run / 1 on 1							
9	8 Min	D Indy	Tackle	Tackle	Tackle	Tackle					
10	8 Min	O Team	Screens & PAP	See Script							
11	10 Min	O Indy	Pass	Pass Pro - Zeus & River/Lake	Formations, Shifts, Motions						
12	8 Min	O Group	Pass	Red Zone - Pass Under Pressure - See Script							
13	4 Min	Sub Pckges		Blitz Recall / Personnel Packages / Cans							
14	8 Min	D Indy	Assignment	Monster/Base Blitz Assginments	Monster/Base Blitz Assignments	Formation Alignment					
15	12 Min	D Team		Team vs. Scout O							
				Need Sticks							
16	8 Min	O Team		Red Zone w/ Sticks (FG, 2 Point ready)							

Practice		Emphasis		SPTs		Dress		Start Time		End Time	
Wednesday		Both		Punt, PR, FG, FG Block		Shells		7:00 PM		9:00 PM	
Period	OL	TE	RB	WR	QB	DL	LB	DB			
1	5 Min	Dynamic Stretching									
2	8 Min	Special Teams	FG/PAT								
			FG/PAT Block								
3	4 Min	2 Point Plays									
4	8 Min	O Indy	Run	Goal Line							
5	8 Min	O Team	Pass	Pass Under Pressure							
6	8 Min	D Indy	Scheme	w/LB Alignment/Assignment			w/DL Alignment/Assignment			Cover 2 CB/S Combo corner break	
7	4 Min	Goaline	From the 5, 4, 3, 2, 1								
8	8 Min	Special Teams	OL Review		Punt Return						
9	8 Min	D Indy	Tackle	Tackle			Tackle			Tackle	
10	8 Min	O Indy	Fixes	Clean Up							
				Getting to LBs on OZ & PAP		Pass Pro	Stalk Blocking	Pocket Presence	w/ Offensive Indy		
11	20 Min	O Team	Mock Game - Special Teams Scenarios								
			-40 Yard Line - Need Sticks								
12	4 Min	Sub Pckges	Blitz Recall / Personnel Packages / Cans								
13	8 Min	D Indy	Pass Emphasis				Use Pass Drop Cheat Sheet			Discuss Cheat Sheet / Stretch & Break Drill (splitting 2)	
14	12 Min	D Team	Full Drive	Team vs. Scout O							
15	8 Min	Special Teams	Punt								

# SCHEDULE EXAMPLE

Logan Football Mar 2022 (Mountain Time - Denver)

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
27	28	1	2	3	4	5	
	Moratorium 4:30pm - 8th Grade						
6	7	8	9	10	11	12	
	Moratorium 4:30pm - 8th Grade					6pm - IZ Meeting	
13	14	15	16	17	18	19	
Week 1 - Cycle 2	6:30am - Spring S&C 4:30pm - 8th Grade	6:30am - Spring S&C	Off 4:30pm - 8th Grade	6:30am - Spring S&C	End of Term (1/2) 6:30am - Spring S&C		
20	21	22	23	24	25	26	
Week 2 - Cycle 2	6:30am - Spring S&C 4:30pm - 8th Grade 8pm - Captain's Draft	6:30am - Spring S&C	Off 4:30pm - 8th Grade	6:30am - Spring S&C	6:30am - Spring S&C		
27	28	29	30	31	1	2	
Week 3 - Cycle 2	6:30am - Spring S&C 4:30pm - 8th Grade	6:30am - Spring S&C	Off 4:30pm - 8th Grade	6:30am - Spring S&C	6:30am - Spring S&C		

Logan Football Apr 2022 (Mountain Time - Denver)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
Week 3 - Cycle 2	6:30am - Spring S&C 4:30pm - 8th Grade	6:30am - Spring S&C	Off 4:30pm - 8th Grade	6:30am - Spring S&C	6:30am - Spring S&C	
3	4	5	6	7	8	9
	Spring Break					
10	11	12	13	14	15	16
Week 4 - Cycle 2	6:30am - Spring S&C 4:30pm - 8th Grade	6:30am - Spring S&C	Off 4:30pm - 8th Grade	6:30am - Spring S&C	6:30am - Spring S&C	
17	18	19	20	21	22	23
Week 5 - Cycle 2	6:30am - Spring S&C 4:30pm - 8th Grade	6:30am - Spring S&C	Off 4:30pm - 8th Grade	6:30am - Spring S&C	6:30am - Spring S&C	
24	25	26	27	28	29	30
Week 6 - Cycle 2	6:30am - Spring S&C 4:30pm - 8th Grade	6:30am - Spring S&C	Off 4:30pm - 8th Grade	6:30am - Spring S&C	6:30am - Spring S&C	

Logan Football

May 2022 (Mountain Time - Denver)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week 7 - Cycle 2 6:30am - Spring S&C 4:30pm - 8th Grade	2 6:30am - Spring S&C 4:30pm - 8th Grade	3 6:30am - Spring S&C	4 Off 4:30pm - 8th Grade	5 6:30am - Spring S&C	6 6:30am - Spring S&C	7
8 Week 8 - Cycle 2 6:30am - Spring S&C 4:30pm - 8th Grade	9 6:30am - Spring S&C 4:30pm - 8th Grade	10 6:30am - Spring S&C	11 Off 4:30pm - 8th Grade	12 6:30am - Spring S&C	13 6:30am - Spring S&C	14
15 Max #3 6:30am - Maxes: 4:30pm - 8th Grade	16 6:30am - Maxes:	17 6:30am - Maxes:	18 Off 4:30pm - 8th Grade	19 6:30am - Maxes:	20 6:30am - Maxes: 20s	21
22 Off	23 Off	24 Off	25 Off	26 Off	27 Last Day of School	28
29 Complete	30 Memorial Day	31 7am - Summer S&C	1 7am - Summer S&C	2 7am - Summer S&C	3 Camp Fee Due (\$75) 7am - Summer S&C	4

Logan Football

Jun 2022 (Mountain Time - Denver)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Complete	30 Memorial Day	31 7am - Summer S&C	1 7am - Summer S&C	2 7am - Summer S&C	3 Camp Fee Due (\$75) 7am - Summer S&C	4
5 7am - Summer S&C 9:30am - Varsity	6 7am - Summer S&C 9:30am - JV	7 7am - Summer S&C 9:30am - JV	8 Varsity/JV Camp Acclimation 7am - Freshmen 9:30am - Freshman	9 7am - Freshmen	10 Freshmen Off	11
12 Freshmen Camp Acclimation (Mandatory) Varsity/JV Camp Acclimation	13 Varsity/JV Camp Acclimation	14 Varsity/JV Camp Scrimmages	15 Varsity/JV Camp Scrimmages	16 Varsity/JV Camp Scrimmages	17 Varsity/JV Camp Scrimmages	18
19 Freshmen Camp Scrimmages 7am - Summer S&C	20 10am - Leadership 7am - Summer S&C	21 7am - Summer S&C	22 7am - Summer S&C	23 Freshmen Off 7am - Summer S&C	24 Off	25
26 7am - Summer S&C	27 7am - Summer S&C	28 7am - Summer S&C	29 7am - Summer S&C	30 Off	1 Off	2

Logan Football

Jul 2022 (Mountain Time - Denver)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
	7am - Summer S&C	7am - Summer S&C	7am - Summer S&C	Off	Off	
3	4	5	6	7	8	9
	Moratorium					
10	11	12	13	14	15	16
	7am - Summer S&C	7am - Summer S&C	7am - Summer S&C	7am - Summer S&C	Off	8am - Soda Springs
17	18	19	20	21	22	23
	7am - Summer S&C	7am - Summer S&C	7am - Summer S&C	7am - Summer S&C	Off	
24	25	26	27	28	29	30
Mandatory Practice	6pm - Acclimation:	6pm - Acclimation:	6pm - Acclimation:	6pm - Acclimation:	6pm - Acclimation:	8am - Practice (Full)
31	1	2	3	4	5	6
	8am - Practice (Full) 6pm - Practice (Full)	8am - Practice 6pm - Practice (Full)	8am - Practice (Full) 6pm - Practice (Full)	8am - Practice 6pm - Practice (Full)	Fees Must Be Paid 7pm - Crimson &	10am - Recovery &

Logan Football

Aug 2022 (Mountain Time - Denver)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
	8am - Practice (Full) 6pm - Practice (Full)	8am - Practice 6pm - Practice (Full)	8am - Practice (Full) 6pm - Practice (Full)	8am - Practice 6pm - Practice (Full)	Fees Must Be Paid 7pm - Crimson &	10am - Recovery &
7	8	9	10	11	12	13
	6pm - Practice (Full)	6pm - Practice (Full)	6pm - Practice (Full)	Walkthrough TBD	7pm - vs. Viewmont	10am - Recovery &
14	15	16	17	18	19	20
	5:30pm - Practice	3:30pm - Practice	3:30pm - Practice	Walkthrough TBD 4pm - JV vs. Juan 6:30pm - Frosh vs.	7pm - @ Juan Diego	10am - Recovery &
21	22	23	24	25	26	27
	5:30pm - Practice	3:30pm - Practice	3:30pm - Practice	Walkthrough TBD 4pm - JV @ 6:30pm - Frosh @	7pm - vs.	10am - Recovery &
28	29	30	31	1	2	3
	5:30pm - Practice	3:30pm - Practice	3:30pm - Practice	Walkthrough TBD 4pm - JV vs. Woods 6:30pm - Frosh vs.	7pm - @ Woods	Off