



# JANUARY 2024

## #SummittheCrest

Updated 1/5



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 PHASE 1 – WEEK 0 7:00AM/3:05PM	5	6
7	8 PHASE 1 – WEEK 1 7:00AM/3:05PM	9	10 NO ZERO HOUR  STUDY HALL FOR ALL OFFSEASON PLAYERS 3:15-4:05PM	11 PHASE 1 – WEEK 1 7:00AM/3:05PM	12	13
14	15  NO SCHOOL MLK DAY	16 PHASE 1 – WEEK 2 7:00AM/3:05PM	17	18	19	20
21	22 PHASE 1 – WEEK 3 7:00AM/3:05PM	23  POWERLIFTING MEET FIRELAKE EVENT CENTER SHAWNEE TIME TBD	24  TEAM MEETING 7:45 – 8:45AM	25 PHASE 1 – WEEK 3 7:00AM/3:05PM	26	27
28	29 PHASE 1 – WEEK 4 7:00AM/3:05PM	30	31  TEAM MEETING 7:45 – 8:45AM  STRETCH CIRCUIT 3:15-4:05PM	1 FEB PHASE 1 – WEEK 4 7:00AM/3:05PM	2 FEB	3 FEB



# FEBURARY 2024

## #SummittheCrest

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PHASE 1 – WEEK 4 7:00AM/3:05PM	2	3
4	5 PHASE 1 – WEEK 5 7:00AM/3:05PM	6	7 TEAM MEETING 7:45 – 8:45AM  STRETCH CIRCUIT 3:15-4:05PM	8 PHASE 1 – WEEK 5 7:00AM/3:05PM	9	10
11	12 PHASE 1 – WEEK 6 7:00AM/3:05PM	13	14	15	16 NO SCHOOL IN-SERVICE DAY  POWERLIFTING MEET CHICKASHA LEAVE TIME TBA	17
18	19 NO SCHOOL PRESIDENTS DAY	20 PHASE 1 – WEEK 7 7:00AM/3:05PM	21	22	23	24
25	26 PHASE 1 – WEEK 8 7:00AM/3:05PM	27	28 TEAM MEETING 7:45 – 8:45AM  STRETCH CIRCUIT 3:15-4:05PM	29 PHASE 1 – WEEK 8 7:00AM/3:05PM	1 MARCH	2 MARCH



# MARCH 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				29 FEB PHASE 1 – WEEK 8 7:00AM/3:05PM	1	2
3	4 PHASE 1 – WEEK 9 7:00AM/3:05PM	5	6 TEAM MEETING 7:45 – 8:45AM  STRETCH CIRCUIT 3:15-4:05PM	7 PHASE 1 – WEEK 9 7:00AM/3:05PM	8  POWERLIFTING MEET REGIONALS SITE TBA	9
10	11 PHASE 1 – WEIGHT ROOM TESTNG 7:00AM/3:05PM Lift –a – thon Week	12	13	14	15 NO SCHOOL Parent Teacher Conferences  POWERLIFTING MEET STATE SITE TBA	16
17	18	19	20	21	22	23
SPRING BREAK						
24	25 NO SCHOOL IN-SERVICE DAY	26 PHASE 2 – WEEK 1 7:00AM/3:05PM SPEED DEVELOPMENT 3:15 – 4:05	27 OFFENSE DRILL WORK 3:15-4:05	28 SPEED DEVELOPMENT 3:15 – 4:05	29 DEFENSE DRILL WORK 3:15-4:05	30
31						



# APRIL 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PHASE 2 – WEEK 2 7:00AM/3:05PM  SPEED DEVELOPMENT 3:15 – 4:05	2  OFFENSE DRILL WORK 3:15-4:05	3 STATE TESTING NO ZERO HOUR  CLASS OF 2028 PARENT MEETING/SIGNING CEREMONY 6:00PM	4 PHASE 2 – WEEK 2 7:00AM/3:05PM  SPEED DEVELOPMENT 3:15 – 4:05	5  DEFENSE DRILL WORK 3:15-4:05	6
7	8 PHASE 2 – WEEK 3 7:00AM/3:05PM  SPEED DEVELOPMENT 3:15 – 4:05	9  OFFENSE DRILL WORK 3:15-4:05	10 SAT/PSAT TESTING NO ZERO HOUR  CLASS OF '26 /'27 PARENT MEETING 6:00PM	11 PHASE 2 – WEEK 3 7:00AM/3:05PM  SPEED DEVELOPMENT 3:15 – 4:05	12  DEFENSE DRILL WORK 3:15-4:05	13
14	15 PHASE 2 – WEEK 4 7:00AM/3:05PM  SPEED DEVELOPMENT 3:15 – 4:05	16  OFFENSE DRILL WORK 3:15-4:05	17  SPEED DEVELOPMENT 3:15 – 4:05	18  DEFENSE DRILL WORK 3:15-4:05	19  NO SCHOOL IN-SERVICE DAY	20
21	22 PHASE 2 – WEIGHT ROOM TESTING 7:00AM POSITION MEETINGS 8:30-8:50AM  SPEED DEVELOPMENT 3:15 – 4:05	23  OFFENSE DRILL WORK 3:15-4:05	24  CLASS OF 2025 PARENT MEETING 6:00PM	25  SPEED DEVELOPMENT 3:15 – 4:05	26  DEFENSE DRILL WORK 3:15-4:05	27
28	29 PHASE 2 – WEIGHT ROOM TESTING 7:00AM POSITION MEETINGS 8:30-8:50AM  Remember/Review 3:15 – 4:15	30  Remember/Review 3:15 – 4:15	1 MAY  Remember/Review 3:15 – 4:15	2 MAY  Remember/Review 3:15 – 4:15	3 MAY  Remember/Review 3:15 – 4:15	4 MAY



# MAY 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 APRIL	29 APRIL	30 APRIL	1	2	3	4
	PHASE 2 – WEIGHT ROOM TESTING 7:00AM POSITION MEETINGS 8:30-8:50AM					
	Remember/Review 3:15 – 4:15	Remember/Review 3:15 – 4:15	Remember/Review 3:15 – 4:15	Remember/Review 3:15 – 4:15	Remember/Review 3:15 – 4:15	
5	6 0 HOUR LIFT – 7AM POSITION MEETING 8:30-8:50AM  Remember/Review 3:15 – 4:15	7 POSITION MEETINGS 8:15AM – 8:50AM  Remember/Review 3:15 – 4:15	8 0 HOUR LIFT – 7AM POSITION MEETING 8:30-8:50AM  Remember/Review 3:15 – 4:15	9 POSITION MEETINGS 8:15AM – 8:50AM  Remember/Review 3:15 – 4:15	10 <b>STATE TRACK/BB</b>  0 HOUR LIFT – 7AM POSITION MEETING 8:30-8:50AM  Remember/Review 3:15 – 4:15	11 <b>STATE TRACK/BB</b>
12 <b>MOTHERS DAY</b>	13 Position Meetings 7:45 – 8:40am Spring Ball Day 1 - Helmets Walk Thru: 3:30 Practice: 4-6pm  Freshmen Install #1 6:00 – 7:00pm	14 0 hour Lift – 7:00am Position Meeting: 8:15 – 8:50am  Spring Ball Day 2 - Shells Walk Thru: 3:30 Practice: 4-6pm  Freshmen Install #2 6:00 – 7:00pm	15 Position Meetings 7:45 – 8:40am Spring Ball Day 3 - Helmets Walk Thru: 3:30 Practice: 4-6pm  Freshmen Install #1 6:00 – 7:00pm	16 0 hour Lift – 7:00am Position Meeting: 8:15 – 8:50am  Spring Ball Day 4 - Shells Walk Thru: 3:30 Practice: 4-6pm  Freshmen Install #4 6:00 – 7:00pm	17 Position Meetings 7:45 – 8:40am Spring Ball Day 5 - Helmets Walk Thru: 3:30 Practice: 4-6pm  Freshmen Install #5 6:00 – 7:00pm	18
19	20 Position Meetings 7:45 – 8:40am  Spring Ball Day 6 - Shells Walk Thru: 3:30 Practice: 4-6pm  Freshmen Install #6 6:00 – 7:00pm	21 <b>FINALS 1<sup>ST</sup> AND 4/5 HOURS</b> <u>No Practice – Study for Finals</u>  Freshmen Install #7 6:00 – 7:00pm	22 <b>FINALS 2<sup>ND</sup> AND 6<sup>TH</sup> HOURS</b> <u>No Practice – Study for Finals</u>  Freshmen Install #8 6:00 – 7:00pm	23 <b>LAST DAY OF SCHOOL</b> <b>FINALS 3<sup>RD</sup> AND 7<sup>TH</sup> HOURS</b>  Spring Ball Day 7 – Helmets MEETINGS 1:00PM PRACTICE 2:00– 4:00PM ** Graduation**	24 Spring Ball Day 8 – Shells MEETINGS 9:00AM PRACTICE 10:00AM - NOON  FRESHMEN PADDED PRACTICE 8:00 – 10:00AM	25
26	27 <b>MEMORIAL DAY</b>	28 Spring Ball Day 9- Helmets Meetings: 1:15 – 1:45 Walk Thru: 2:00 -2:20 Practice 2:20 – 4:20 Freshmen Padded Practice 5:00 – 7:00pm - Shells	29 Varsity Team Camp @ Edmond Santa Fe 10:00am – 2:00pm  Freshmen Team Camp @ Norman North 5:00 – 8:00pm - Shells	30 **Varsity Team Camp @ Edmond Santa Fe 10:00am – 2:00pm  Freshmen Team Camp @ Norman North 5:00 – 8:00pm - Shells	31 **Varsity Team Camp Make Up Day @ Santa Fe 10:00am – 2:00pm Freshmen Team Camp Make Up Day @ Norman North 5:00 – 8:00pm - Shells	1 JUNE



# JUNE 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
36 MAY	27 MAY MEMORIAL DAY	28 Spring Ball Day 9- Helmets Meetings: 1:15 – 1:45 Walk Thru: 2:00 -2:20 Practice 2:20 – 4:20 Freshmen Padded Practice 5:00 – 7:00pm - Shells	29 Varsity Team Camp @ Edmond Santa Fe 10:00am – 2:00pm  Freshmen Team Camp @ Norman North 5:00 – 8:00pm - Shells	30 **Varsity Team Camp @ Edmond Santa Fe 10:00am – 2:00pm  Freshmen Team Camp @ Norman North 5:00 – 8:00pm - Shells	31 **Varsity Team Camp Make Up Day @ Santa Fe 10:00am – 2:00pm Freshmen Team Camp Make Up Day @ Norman North 5:00 – 8:00pm - Shells	1
2	3 PLAYERS OFF	4 PLAYERS OFF	5 7ON7 @ SF 9-12 GRADE SKILL PLAYERS 10:00 - NOON	6 PLAYERS OFF	7 PLAYERS OFF	8
9	10 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	11 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	12 7ON7 @ NN 9-12 GRADE SKILL PLAYERS 10:00 - NOON	13 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	14 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>TH</sup> 7-9AM	15
16	17 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	18 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	19 7ON7 @ Jones 9-12 GRADE SKILL PLAYERS 10:00 - NOON	20 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	21 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>TH</sup> 7-9AM  COAC 7 on7 Tournament @ Mustang Times TBA	22
23	24 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	25 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	26 7ON7 @ TBA 9-12 GRADE SKILL PLAYERS 10:00 - NOON	27 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	28 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>TH</sup> 7-9AM	29
30						OSSAA DEAD WEEK BEGINS



# JULY 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 JUNE	1	2	3	4	5	6
PLAYERS OFF - OSSAA DEAD WEEK						
7	8 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	9 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	10 MIDDLE SCHOOL PADDED CAMP 6:00 – 8:00PM	11 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	12 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM	13
14	15 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM NIGHT OF CHAMPIONS YOUTH CAMP 6:00 – 9:00PM	16 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM	17	18 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM MIDDLE SCHOOL 9:30 – 11:00AM *LAST DAY OF MIDDLE SCHOOL	19 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM	20
21 OCA CLINIC - TULSA	22 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM	23 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM	24	25 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM	26 SUMMER PRIDE 9 <sup>th</sup> -12 <sup>th</sup> 7-9AM SENIOR CLASS RETREAT 10:00 – 5:00PM	27
28	29 T-WOLF COMBINE - GRADES 9-12 7:00 – 9:30AM COACHES MEETNGS 9:30 – 5:00PM	30 COACHES MEETNGS 9:30 – 5:00PM	31 PLAYERS OFF COACHES MEETNGS 9:30 – 5:00PM	1 AUG PLAYERS OFF COACHES MEETNGS 9:30 – 5:00PM	2 AUG PLAYERS OFF COACHES MEETNGS 9:30 – 5:00PM	3 AUG



# AUGUST 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 JULY	29 JULY T-WOLF COMBINE - GRADES 9-12 7:00 – 9:30AM COACHES MEETNGS 9:30 – 5:00PM	30 JULY COACHES MEETNGS 9:30 – 5:00PM MOM'S HUDDLE 6:00 – 8:30PM	31 JULY PLAYERS OFF COACHES MEETNGS 9:30 – 5:00PM	1 PLAYERS OFF Coaches Off	2 PLAYERS OFF Coaches Off	3
4 PLAYERS OFF	5 PLAYERS OFF COACHES MEETNGS 9:00 – 5:00PM	6 PLAYERS OFF COACHES MEETNGS 9:00 – 5:00PM	7 PLAYERS OFF Teachers Meetings	8 PLAYERS OFF Teachers Meetings Mandatory Parent Meeting 9-12 6:00pm - MPR	9 PLAYERS OFF Teachers Meetings	10
11 PLAYERS OFF	12 10-12 Grades Meetings 6:30am Practice 7:30 – 10:00am Team lift 10:20 – 11am Freshmen Meetings 4:30pm Practice 5:30-7:30pm	13 10-12 Grades Meetings 6:30am Practice 7:30 – 10:00am Team lift 10:20 – 11am Freshmen Meetings 4:30pm Practice 5:30-7:30pm	14 10-12 Grades Meetings 6:30am Practice 7:30 – 10:00am Team lift 10:20 – 11am Freshmen Meetings 4:30pm Practice 5:30-7:30pm	15 FIRST DAY OF SCHOOL Freshmen Practice 6:30am – 8:15am Varsity Lift/Meetings 7:00am – 8:45am Walk-Thru 3:30pm Practice 4:00 – 6:00pm Freshmen Lift/Meeting 3:05-4:05	16 Freshmen Practice 6:30am – 8:15am Varsity Meetings 7:45am – 8:45am Walk-Thru 3:30pm Practice 4:00 – 6:00pm Freshmen Meeting 3:05-4:05	17 Picture Day 9th @7:30am Varsity @8:00am Intra Squad Scrimmage 9th - @ 9am Varsity @ 10am
18 PLAYERS OFF	19 Freshmen Practice 6:30am – 8:15am Varsity Meetings 7:45am – 8:45am Walk-Thru 3:30pm Practice 4:00 – 6:00pm Freshmen Meeting 3:05-4:05	20 Freshmen Practice 6:30am – 8:15am Varsity Lift/Meetings 7:00am – 8:45am Walk-Thru 3:30pm Practice 4:00 – 6:00pm Freshmen Lift/Meeting 3:05-4:05	21 Freshmen Practice 6:30am – 8:15am Varsity Meetings 7:45am – 8:45am Walk-Thru 3:30pm Practice 4:00 – 6:00pm Freshmen Meeting 3:05-4:05	22 Scrimmage vs Midwest City 9th – 5:00 JV – 6:00 Varsity – 7:00	23 No Zero Hour Film Review/Meetings/Team Lift 3:15 – 5:30pm	24 Middle School All City Preview Time TBD PLAYERS OFF
25 PLAYERS OFF	26 Freshmen Practice 6:30am – 8:15am Varsity Meetings 7:45am – 8:45am Walk-Thru 3:30pm Practice 4:00 – 6:00pm Freshmen Meeting 3:05-4:05	27 Freshmen Practice 6:30am – 8:15am Varsity Lift/Meetings 7:00am – 8:45am Walk-Thru 3:30pm Practice 4:00 – 6:00pm Freshmen Lift/Meeting 3:05-4:05	28 Freshmen Practice 6:30am – 8:15am Varsity Meetings 7:45am – 8:45am Walk-Thru 3:30pm Practice 4:00 – 6:00pm Freshmen Meeting 3:05-4:05	29 Scrimmage @ Stillwater 9th – 5:00 JV – 6:00 Varsity – 7:00	30 No Zero Hour Film Review/Meetings/Team Lift 3:15 – 5:30pm	31 Special Teams Practice 10-12 Grades 8:00 – 11:30





# SEPTEMBER 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day No School	3 No School	4	5	6 Game #1 CROSSTOWN CLASH - Away LOCATION TBD 7:00PM	7 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
8 PLAYERS OFF	9 9 <sup>th</sup> and JV CROSSTOWN CLASH Harve Collins 5:30 and 7:00PM	10	11	12	13 Game #2 Santa Fe - Away LOCATION TBD 7:00PM	14 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
15 PLAYERS OFF	16 9 <sup>th</sup> and JV Santa Fe - Home 5:30 and 7:00PM	17	18	19	20 Game #3 Deer Creek - Home 7:00PM	21 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
22 PLAYERS OFF	23 9 <sup>th</sup> and JV Deer Creek- Away 5:30 and 7:00PM	24	25	26	27 Game #4 Mustang - Away 7:00PM	28 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
29 PLAYERS OFF	30 9 <sup>th</sup> and JV Mustang - Home 5:30 and 7:00PM	1 OCT	2 OCT	3 OCT	4 OCT Game #5 Bixby - Home 7:00PM	5 OCT VARSITY FILM REVIEW AND TEAM LIFT 9-11AM



# OCTOBER 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 SEPT	30 SEPT 9 <sup>th</sup> and JV Mustang - Home 5:30 and 7:00PM	1	2	3	4 Game #5 Bixby – Home 7:00PM	5 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
6 PLAYERS OFF	7 9 <sup>th</sup> and JV Stillwater - Home 5:30 and 7:00PM	8	9	10	11 Game #6 Moore - Away 7:00PM	12 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
13	14 9 <sup>th</sup> and JV Moore - Home 5:30 and 7:00PM	15	16	17	18 Game #7 Enid - Home 7:00PM	19 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
20	21 9 <sup>th</sup> and JV Enid - Away 5:30 and 7:00PM	22	23	24	25 Game #8 Jenks - Away 7:30PM	26 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
27	28 Bye week No Game	29	30	31	1 NOV Game #9 Ed. North - Home 7:00PM	2 NOV VARSITY FILM REVIEW AND TEAM LIFT 9-11AM



# NOVEMBER 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Game #9 Ed. North - Home 7:00PM	2 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
3 PLAYERS OFF	4 9 <sup>th</sup> and JV Edmond North - Away 5:30 and 7:00PM	5	6	7	8 Game #10 Southmoore - Home 7:00PM	9 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
10 PLAYERS OFF	11	12	13	14	15 Playoffs Round 1 7:00pm	16 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
17 PLAYERS OFF	18	19	20	21	22 Playoffs Quarterfinals 7:00pm	23 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM
24 PLAYERS OFF	25 THANKSGIVING BREAK	26 THANKSGIVING BREAK	27. THANKSGIVING BREAK	28 THANKSGIVING BREAK Kick the Field 7:00 -8:30am "POTD"	29 THANKSGIVING BREAK Playoffs Semi-Finals 7:00pm	30 VARSITY FILM REVIEW AND TEAM LIFT 9-11AM