

Non-School Day
  Tryouts
  Home Game
  Away Game

## November, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	19	11
12	13 Frosh Tryouts #1 2:45p-5:15p (PAC)	14 Frosh Tryouts #2 2:45p-5:15p (PAC)	15 Frosh Tryouts #3 2:45p-5:15p (PAC)	16 Frosh Practice 2:30p-4:30p(PAC 8)	17 Frosh Practice 2:30p-4:30p(PAC 8)	18
19	20 10-12 Tryout #1 6:00a-7:15a(HS1-3) 10-12 Tryout #2 2:45p-5:00p(HS1-3) Frosh Practice 2:30p-4:30p(PAC 8)	21 10-12 Tryout #3 6:00a-7:15a(HS1-3) 10-12 Tryout #4 2:30p-5:00p(HS1-3) Frosh Practice 2:30p-4:30p(PAC 8)	22 All Program pictures @10:00am V/JVPractice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p((PAC 7)	23 Thanksgiving	24 V/JVPractice 2:30p-5:30p(HS 1/2)	25 Scrimmage (Varsity/JV Only) @New Richmond 9:00am
26 Parent Meeting 6:00pm	27 V/JVPractice 2:30p-4:30p(PAC 5/6) ALL Lift 4:30p-5:00p(WR) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p(PAC 7)	28 V/JVPractice 2:30p-4:30p(PAC 5/6) ALL Lift 4:30p-5:00p(WR) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p((PAC 7)	29 Frosh Practice 2:30p-4:30p(PAC 8)	30 V/JVPractice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	1	2

## December, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					V/JV Practice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	V/JV Lift 9:00a-9:45a(WR) V/JV Practice 9:45a-11:00a(HS 1/2) Scrimmage (B-Squad) 9:00am @ Tartan
3	4	5	6	7	8	9
V/JV Practice 2:30p-5:00p(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((HS 3)	Game vs Owatonna  Non-Conference	V/JV Practice 2:30p-5:00p(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((HS 3)	Game @ Centennial  Non-Conference	V/JV Practice 2:30p-4:30p(HS 1/2) ALL Lift 4:30p-5:00p(WR) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p(HS 3)	V/JV Lift 9:00a-9:45a(WR) V/JV Practice 9:45a-11:00a(HS 1/2)	
10	11	12	13	14	15	16
V/JV Practice 2:30p-3:00pm(PAC 5/6) Rick Rassier 3:00-5:00p ALL Lift 4:30p-5:00p(WR) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p(PAC 7)	V/JV Practice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	Game @ Mounds View  SEC	V/JV Practice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	Game vs Park (Youth Night) SEC	V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)	
17	18	19	20	21	22	23
Cub Food Bagging 10:00am-6:00pm	V/JV Practice 2:30p-5:00p(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((HS 3)	Game @ Forest Lake  SEC	V/JV Practice 2:30p-4:30p(HS 1/2) ALL Lift 4:30p-5:00p(WR) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p(HS 3)	V/JV Practice 2:30p-5:00p(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((HS 3)	Game @ Mahtomedi  Non-Conference	Game: 9th grade and B-Squad vs Tartan
24	25	26	27	28	29	30
		V/JV Lift 9:00a-9:30a(WR) V/JV Practice 9:30a-11:00a(HS 1/2)	V/JV Practice 9:00a-11:00a(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p(HS 3)	V/JV Practice 9:00a-11:00a(HS 1/2) Frosh Practice 9:00a-11:00a(PAC 8) Bsquad 2:45p-4:30p(HS 3)	Granite City Classic @Sartell-St Stephen Non-Conference V/JV Only	Granite City Classic vs Rogers @Sauk Rapids-Rice HS Non-Conference V/JV Only

# January, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
		V/JVPractice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	Game @ East Ridge  SEC	V/JVPractice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	Game vs Irondale (Parent's Night) SEC	V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)
7	8	9	10	11	12	13
V/JVPractice 2:30p-4:30p(HS 1/2) ALL Lift 4:30p-5:00p(WR) 9A & B-Squad Game vs Tartan	V/JVPractice 2:30p-5:00p(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((HS 3)	Game vs Roseville  SEC	Game vs North St. Paul  Non-Conference	V/JVPractice 2:30p-5:00p(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((HS 3)	V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)	
14	15	16	17	18	19	20
V/JVPractice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	Game vs WBL  SEC	V/JVPractice 2:30p-4:30p(PAC 5/6) ALL Lift 4:30p-5:00p(WR) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p(PAC 7)	V/JVPractice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	Game @ CDH  SEC	V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)	
21	22	23	24	25	26	27
V/JVPractice 2:30p-4:30p(HS 1/2) ALL Lift 4:30p-5:00p(WR) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:30p(HS 3)	V/JVPractice 2:30p-5:00p(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((HS 3)	Game @ Woodbury  SEC	V/JVPractice 2:30p-5:00p(HS 1/2) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((HS 3)	Game vs Mounds View (ALS Night) SEC	V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)	
28	29	30	31	1	2	3
V/JVPractice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)	Game @ Park  SEC	V/JVPractice 2:30p-5:00p(PAC 5/6) Frosh Practice 2:30p-4:30p(PAC 8) Bsquad 2:45p-4:45p((PAC 7)				

## February, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Game vs Forest Lake (Teacher Night) <b>SEC</b>	2 V/JVPractice 2:30p-5:00p(PAC 5/6) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(PAC 7)	3 Game @ Duluth East  <b>Non-Conference</b>
4	5 V/JVPractice 2:30p-5:00p(HS 1/2) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(HS 3)	6 Game vs Hudson  <b>Non-Conference</b>	7 V/JVPractice 2:30p-4:30p(HS 1/2) <b>ALL Lift</b> 4:30p-5:00p(WR) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:30p(HS 3)	8 V/JVPractice 2:30p-5:00p(HS 1/2) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(HS 3)	9 Game @ Irondale  <b>SEC</b>	10 V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)
11	12 V/JVPractice 2:30p-5:00p(PAC 5/6) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(PAC 7)	13 Game @ Roseville  <b>SEC</b>	14 V/JVPractice 2:30p-4:30p(PAC 5/6) <b>ALL Lift</b> 4:30p-5:00p(WR) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:30p(PAC 7)	15 V/JVPractice 2:30p-5:00p(PAC 5/6) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(PAC 7)	16 Game vs East Ridge  <b>SEC</b>	17 V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)
18	19 V/JVPractice 2:30p-4:30p(HS 1/2) <b>ALL Lift</b> 4:30p-5:00p(WR) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:30p(HS 3)	20 V/JVPractice 2:30p-5:00p(HS 1/2) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(HS 3)	21 Game @ White Bear Lake  <b>SEC</b>	22 V/JVPractice 2:30p-5:00p(HS 1/2) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(HS 3)	23 Game vs Cretin-Derham Hall  <b>SEC</b>	24 V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)
25	26 V/JVPractice 2:30p-4:30p(PAC 5/6) <b>ALL Lift</b> 4:30p-5:00p(WR) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:30p(PAC 7)	27 V/JVPractice 2:30p-5:00p(PAC 5/6) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(PAC 7)	28 V/JVPractice 2:30p-4:30p(PAC 5/6) <b>ALL Lift</b> 4:30p-5:00p(WR) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:30p(PAC 7)	29 V/JVPractice 2:30p-5:00p(PAC 5/6) <b>Frosh Practice</b> 2:30p-4:30p(PAC 8) <b>Bsquad</b> 2:45p-4:45p(PAC 7)	1	2

# March, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1 Game vs Woodbury  SEC	2 V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)
3	4 V/JVPractice 2:30p-4:30p(HS 1/2) ALL Lift 4:30p-5:00p(WR)	5 V/JVPractice 2:30p-5:00p(HS 1/2)	6 Section Quarterfinals  Playoffs	7 V/JVPractice 2:30p-4:30p(HS 1/2) ALL Lift 4:30p-5:00p(WR)	8 V/JVPractice 2:30p-5:00p(HS 1/2) Frosh Practice	9 Section Semifinals  Playoffs
10	11 V/JVPractice 2:30p-4:30p(HS 1/2) ALL Lift 4:30p-5:00p(WR)	12 V/JVPractice 2:30p-5:00p(HS 1/2)	13 V/JVPractice 2:30p-4:30p(HS 1/2)	14 Section Final  Playoffs	15 V/JVPractice 2:30p-5:00p(HS 1/2)	16 V/JV Lift 9:00a-9:45a(WR) V/JV Film 9:45a-10:30a(Health)
17	18 V/JVPractice 2:30p-5:00p(HS 1/2)	19 State Quarterfinals  Playoffs	20 V/JVPractice 2:30p-5:00p(HS 1/2)	21 State Semifinals  Playoffs	22 V/JVPractice 2:30p-5:00p(HS 1/2)	23 State Final  Playoffs
24	25	26	27	28	29	30