

2022 Parent/Player Preseason Schedule

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|---|---|--|--|--|--|-----------------------|
| 7 August OFF CAMP WEEK | 8 South Camp 8:00 Heavys Lift 9:00 Skills Lift 5-6 Registration/Mtg 6-8 Camp (Spieg) | 9 South Camp AM Concussion Test 6:00 -8:00Camp (Spieg) | 10 8:00 Heavys Lift 9:00 Skills Lift 10:00-5 Gold Card Blitz 5 p.m. Gold Cards South Pizza 6:30 p.m. Fall Meeting South | 11 South Camp AM Concussion Make Ups 6:00 -8:00Camp (Spieg) | 12 South Camp 8:00 Heavys Lift 9:00 Skills Lift 6-8 Camp (Spieg) | 13 OFF |
| 14 OFF PRACTICE WEEK | 15 Official Prac. 8:00 Heavys Lift 9:00 Skills Lift 3:30-6:30 Practice (Spieg) Sr Register | 16 8:00-9:00 Player Mtg. (Spieg) 3:30-6:30 Practice (Spieg) Jr Register | 17 8:00 Heavys Lift 9:00 Skills Lift 3:30-6:30 Practice (Spieg) So Register | 18 8:00-9:00 (Spieg) Player Mtgs. 3:30-6:30 Practice (Spieg) Fr Register | 19 8:00 Heavys Lift 9:00 Skills Lift 6-8 Family Night Scrimmage (Spieg) | 20 OFF |
| 21 Jamboree Week | 22 8:00 Heavys Lift 9:00 Skills Lift 3:30-6:30 Practice (Spieg) | 23 8:00-9:00 Player Mtg. (Spieg) 3:30-6:30 Practice (Spieg) | 24 8:00 Heavys Lift 9:00 Skills Lift 3:30-6:30 Practice (Spieg) | 25 8:00-9:00 Player Mtg. (Spieg) Jamboree @ Grants Pass JV/Varsity 4:30 | 26 8:00 Heavys Lift 9:00 Skills Lift | 27 OFF |
| 28 Week 1 Sunday Lifting And Meetings TBD | 29 School Begins 3:30-6:30 Practice (Spieg) | 30 3:30-6:30 Practice (Spieg) | 31 3:30-6:30 Practice (Spieg) | 1 Sept 4:00-6:00 JV/Varsity Practice (Spieg) | 2 Travel Day @ Beaverton 4:00 JV 7:00 Varsity | 3 Sept. OFF |
| 4 Week 2 Sunday Lifting And Meetings TBD | 5 Labor Day 4:00-6:30 Practice (Spieg) | 6 4:00-6:30 Practice (Spieg) | 7 4:00-6:30 Practice (Spieg) | 8 5:00 JV at DelNorte 4:00-5:30 Practice Varsity (TBD) | 9 Home vs DelNorte 7:00 Varsity | 10 Off |

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