

# August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 off	2 off	3 off	4 off	5 off
6 Varsity Lift 3:15 Practice (All Levels) 4pm – 8:30 pm (Helmets Only)	7 <b>Full program meeting in main gym at 3:15.</b> <b>Practice 4 – 8:30 (Helmets only)</b>	8 Varsity Lift 3:15 Practice 4pm – 8:30 pm (SH Pads and Helmets)	9 Frosh and JV Lift 3:15 Practice 4pm – 8:30 pm (SH Pads and Helmets)	10 <b>Practice 4 – 8:30</b> <b>FULL PADS</b>	11 <b>Meet the Scots.</b> <b>Varsity 8-12</b> <b>JV and Freshman 9-12</b>	12 off
13 Varsity Lift 3:15 Practice 4pm – 8:30 pm	14 <b>Pictures 9am</b> Freshman and JV practice 10-2  <b>Varsity Practice 4pm – 8:30</b>	15 Varsity Lift 2:115 Practice 3 – 5:30  <b>Tailgater 6 – 730pm</b>	16 Varsity Scrimmage at Holland Christian: 9am JV and Frosh at HC 11:30am  <b>Cal Card 4pm – 8pm</b>	17 Practice all Levels 9am – 12pm	18 Practice all Levels 9am – 11:30 am	19 off
20 <b>Varsity Lifts 215</b> Practice 3-6	21 <b>JV and Freshman Lift 2:15</b> Practice 3-6	22 <b>Varsity Lift 9am</b> <b>Practice 930-1200</b> JV and Freshman at Holt	23 <b>Freshman and JV Practice 3-430</b> Varsity Home vs Holt 7pm	24 All Levels Practice 10-12	25 <b>Varsity Practice 930am – 1200pm</b>	26 Off
27 <b>School Starts 3-6</b>	28 <b>Practice 3-6</b>	29 <b>Varsity Practice 3-5</b> JV and Freshman Home vs Cedar	30 <b>Freshman and JV Practice 3-430</b> <b>Varsity at Cedar Springs 7pm</b>	31 No School  Varsity ONLY	Labor Day Practice	

		Springs		10am – 12pm	3pm – 6pm	