

# January 2011

| SUNDAY | MONDAY                                   | TUESDAY | WEDNESDAY                                | THURSDAY                                 | FRIDAY | SATURDAY |
|--------|--|---------|--|--|--------|----------|
|        |  |         |  |  |        | 1        |
| 2      | 3<br>Pre-Season Workouts<br>3:30-5:00pm  | 4       | 5<br>Pre-Season Workouts<br>7:30-8:45am  | 6<br>Pre-Season Workouts<br>3:30-5:00pm  | 7      | 8        |
| 9      | 10<br>Pre-Season Workouts<br>3:30-5:00pm | 11      | 12<br>Pre-Season Workouts<br>7:30-8:45am | 13<br>Pre-Season Workouts<br>3:30-5:00pm | 14     | 15       |
| 16     | 17<br>Pre-Season Workouts<br>3:30-5:00pm | 18      | 19<br>Pre-Season Workouts<br>7:30-8:45am | 20<br>Pre-Season Workouts<br>3:30-5:00pm | 21     | 22       |
| 23     | 24<br>Pre-Season Workouts<br>3:30-5:00pm | 25      | 26<br>Pre-Season Workouts<br>7:30-8:45am | 27<br>Pre-Season Workouts<br>3:30-5:00pm | 28     | 29       |
| 30     | 31<br>Pre-Season Workouts<br>3:30-5:00pm |         |  |  |        |          |

# February 2011

| SUNDAY     | MONDAY  | TUESDAY                       | WEDNESDAY   | THURSDAY  | FRIDAY                        | SATURDAY   |
|------------|---|-------------------------------|---|---|-------------------------------|------------|
|            |   | 1                             | 2<br>Pre-Season Workouts<br>7:30-8:45am                 | 3<br>Pre-Season Workouts<br>3:30-5:00pm                 | 4                             | 5          |
| 6          | 7<br>Pre-Season Workouts<br>3:30-5:00pm                 | 8                             | 9<br>Pre-Season Workouts<br>7:30-8:45am                 | 10<br>Pre-Season Workouts<br>3:30-5:00pm                | 11                            | 12         |
| 13         | 14<br>WEEK OFF!<br><br>Pre-Season Workouts<br>9-10:30am | 15<br>WEEK OFF!               | 16<br>WEEK OFF!<br><br>Pre-Season Workouts<br>9-10:30am | 17<br>WEEK OFF!<br><br>Pre-Season Workouts<br>9-10:30am | 18<br>WEEK OFF!               | 19<br>OFF! |
| 20<br>OFF! | 21<br>Practice Begins<br>3:30-5:30pm                    | 22<br>Practice<br>3:30-5:30pm | 23<br>Practice<br>3:30-5:30pm                           | 24<br>Practice<br>3:30-5:30pm                           | 25<br>Practice<br>3:30-5:30pm | 26<br>OFF! |
| 27<br>OFF! | 28<br>Practice<br>3:30-5:30pm                           |                               |   |   |                               |            |

# March 2011

| SUNDAY     | MONDAY                        | TUESDAY   | WEDNESDAY                     | THURSDAY  | FRIDAY                        | SATURDAY  |
|------------|-------------------------------|---|-------------------------------|---|-------------------------------|---|
|            |                               | 1<br>Practice<br>3:30-5:30pm<br>*Parents Night in the<br>Gym 7:00pm | 2<br>Practice<br>3:30-5:30pm  | 3<br>Practice<br>3:30-5:30pm                          | 4<br>Practice<br>3:30-5:30pm  | 5<br>OFF!   |
| 6<br>OFF!  | 7<br>Practice<br>3:30-5:30pm  | 8<br>Practice<br>3:30-5:30pm  | 9<br>Practice<br>3:30-5:30pm  | 10<br>Dual Meet<br>vs. RBV<br>@ RBV 3:15pm            | 11<br>Practice<br>3:30-5:30pm | 12<br>Bronco Relays<br>@Rancho Bernardo<br>9:00am |
| 13<br>OFF! | 14<br>Practice<br>3:30-5:30pm | 15<br>Practice<br>3:30-5:30pm                                       | 16<br>Practice<br>3:30-5:30pm | 17<br>Dual Meet<br>vs. Del Norte<br>@ Westview 3:30pm | 18<br>Practice<br>3:30-5:30pm | 19<br>Falcon Relays<br>@Torrey Pines<br>9:00am    |
| 20<br>OFF! | 21<br>Practice<br>3:30-5:30pm | 22<br>Practice<br>3:30-5:30pm                                       | 23<br>Practice<br>3:30-5:30pm | 24<br>Dual Meet<br>vs. Poway<br>@ Poway 3:15pm        | 25<br>Practice<br>3:30-5:30pm | 26<br>Sundevil Invite<br>@ Mt. Carmel<br>11:00am  |
| 27<br>OFF! | 28<br>Practice<br>3:30-5:30pm | 29<br>Practice<br>3:30-5:30pm                                       | 30<br>Practice<br>3:30-5:30pm | 31<br>Dual Meet<br>vs. Ramona<br>@ Ramona 3:15pm      |                               |   |

# April 2011

| SUNDAY     | MONDAY                                     | TUESDAY                                    | WEDNESDAY                                  | THURSDAY  | FRIDAY  | SATURDAY   |
|------------|--|--|--|---|---|--|
|            |  |  |  |   | 1<br>Practice<br>3:30-5:30pm                    | 2<br>OFF!  |
| 3<br>OFF!  | 4<br>Spring Break<br>Practice 8:00-10:00am | 5<br>Spring Break<br>Practice 8:00-10:00am | 6<br>Spring Break<br>Practice 8:00-10:00am | 7<br>OFF!   | 8<br>OFF!                                       | 9<br>OFF!  |
| 10<br>OFF! | 11<br>Practice<br>3:30-5:30pm              | 12<br>Practice<br>3:30-5:30pm              | 13<br>Practice<br>3:30-5:30pm              | 14<br>Dual Meet<br>vs. Valley Center<br>@ Westview 3:30pm | 15<br>Practice<br>3:30-5:30pm                   | 16<br>Jaguar Invite<br>@ Valley Center<br>8:00am           |
| 17<br>OFF! | 18<br>Practice<br>3:30-5:30pm              | 19<br>Practice<br>3:30-5:30pm              | 20<br>Practice<br>3:30-5:30pm              | 21<br>Dual Meet<br>vs. Mt. Carmel<br>@Mt. Carmel 3:15pm   | 22<br>Practice<br>3:30-5:30pm                   | 23<br>OFF!   |
| 24<br>OFF! | 25<br>Practice<br>3:30-5:30pm              | 26<br>Practice<br>3:30-5:30pm              | 27<br>Practice<br>3:30-5:30pm              | 28<br>Dual Meet<br>vs. RB<br>@ RB 3:15pm                  | 29<br>Escondido Invite<br>@ Escondido<br>4:00pm | 30<br>Frosh/Soph<br>Championships<br>@El Capitan<br>9:00am |

# May 2011

| SUNDAY     | MONDAY                        | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                                    |
|------------|-------------------------------|--|--|---|---|---|
| 1<br>OFF!  | 2<br>Practice<br>3:30-5:30pm  | 3<br>Practice<br>3:30-5:30pm                           | 4<br>Practice<br>3:30-5:30pm                                 | 5<br>Dual Meet<br>vs. Torrey Pines<br>@ Westview 3:35pm | 6<br>Practice<br>3:30-5:30pm                          | 7<br>OFF!                                   |
| 8<br>OFF!  | 9<br>Practice<br>3:30-5:30pm  | 10<br>Palomar League<br>Prelims @ Poway<br>3:15/4:15pm | 11<br>Practice<br>3:30-5:30pm                                | 12<br>Practice<br>3:30-5:30pm                           | 13<br>Palomar League<br>Finals @ Poway<br>4:15/5:15pm | 14<br>OFF!                                  |
| 15<br>OFF! | 16<br>Practice<br>3:30-5:30pm | 17<br>Practice<br>3:30-5:30pm                          | 18<br>Practice<br>3:30-5:30pm                                | 19<br>Practice<br>3:30-5:30pm                           | 20<br>Practice<br>3:30-5:30pm                         | 21<br>CIF Prelims<br>@ Mt. Carmel<br>9:00am |
| 22<br>OFF! | 23<br>Practice<br>3:30-5:30pm | 24<br>Practice<br>3:30-5:30pm                          | 25<br>Practice<br>3:30-5:30pm<br>Banquet 6-9:00pm<br>*In Gym | 26<br>Practice<br>3:30-5:30pm                           | 27<br>Practice<br>3:30-5:30pm                         | 28<br>CIF Finals<br>@ Mt. Carmel<br>10:00am |
| 29<br>OFF! | 30 Practice<br>3:30-5:30pm    | 31<br>Practice<br>3:30-5:30pm                          |  |   |   |   |

# June 2011

| SUNDAY     | MONDAY | TUESDAY | WEDNESDAY                    | THURSDAY                     | FRIDAY  | SATURDAY   |
|------------|--------|---------|------------------------------|------------------------------|---|--|
|            |        |         | 1<br>Practice<br>3:30-5:30pm | 2<br>Practice<br>3:30-5:30pm | 3<br>State Championships<br>Prelims<br>Fresno CA. | 4<br>State Championships<br>Finals<br>Fresno CA. |
| 5<br>OFF!  | 6      | 7       | 8                            | 9                            | 10  | 11   |
| 12<br>OFF! | 13     | 14      | 15                           | 16                           | 17  | 18   |
| 19<br>OFF! | 20     | 21      | 22                           | 23                           | 24  | 25   |
| 26<br>OFF! | 27     | 28      | 29                           | 30                           |   |  |

# July 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          | 1      | 2        |
| 3      | 4      | 5       | 6         | 7        | 8      | 9        |
| 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| 17     | 18     | 19      | 20        | 21       | 22     | 23       |
| 24     | 25     | 26      | 27        | 28       | 29     | 30       |
| 31     |        |         |           |          |        |          |

# August 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 29     | 30      | 31        |          |        |          |

# September 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           | 1        | 2      | 3        |
| 4      | 5      | 6       | 7         | 8        | 9      | 10       |
| 11     | 12     | 13      | 14        | 15       | 16     | 17       |
| 18     | 19     | 20      | 21        | 22       | 23     | 24       |
| 25     | 26     | 27      | 28        | 29       | 30     |          |

# October 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        | 1        |
| 2      | 3      | 4       | 5         | 6        | 7      | 8        |
| 9      | 10     | 11      | 12        | 13       | 14     | 15       |
| 16     | 17     | 18      | 19        | 20       | 21     | 22       |
| 23     | 24     | 25      | 26        | 27       | 28     | 29       |
| 30     | 31     |         |           |          |        |          |

# November 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        | 1       | 2         | 3        | 4      | 5        |
| 6      | 7      | 8       | 9         | 10       | 11     | 12       |
| 13     | 14     | 15      | 16        | 17       | 18     | 19       |
| 20     | 21     | 22      | 23        | 24       | 25     | 26       |
| 27     | 28     | 29      | 30        |          |        |          |

# December 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           | 1        | 2      | 3        |
| 4      | 5      | 6       | 7         | 8        | 9      | 10       |
| 11     | 12     | 13      | 14        | 15       | 16     | 17       |
| 18     | 19     | 20      | 21        | 22       | 23     | 24       |
| 25     | 26     | 27      | 28        | 29       | 30     | 31       |