



# JUNE



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1 Dead Period No Practice
2 Dead Period No Practice	3 Dead Period No Practice	4 Dead Period No Practice	5 Dead Period No Practice	6 Dead Period No Practice	7 Dead Period No Practice	8 Dead Period No Practice
9 Dead Period No Practice	10 <ul style="list-style-type: none"> <li>Varsity Lift: 3:30-4:30pm</li> <li>Freshman Mini Camp 4:30-5:45pm</li> <li>Mandatory Parent Meeting @ 6:00pm in KC</li> </ul>	11 Practice 3:30-6:30pm	12 Practice 3:30-6:30pm	13 Run & Lift 8:00-10:00am 4 way 7on7 & Linemen @ West Covina 5:00pm	14 Team Fundraiser @ 3:30pm Father/Son Flag Game @ 5:00pm Knights BBQ @ 6:00pm	15 No Practice
16 No Practice	17 Practice 3:30-6:30pm	18 Practice 3:30-6:30pm	19 Practice 3:30-6:30pm	20 Run & Lift 8:00-10:00am JV 7on7 @ Los Altos 2:30pm Varsity 4 way 7on7 & Linemen @ Don Lugo 5:00pm	21 Varsity 7on7 & Lineman Camp @ UNLV JV No Practice	22 No Practice
23 No Practice	24 Practice 3:30-6:30pm	25 Practice 3:30-6:30pm	26 Practice 3:30-6:30pm	27 Run & Lift 8:00-10:00am 4 way 7on7 & Linemen @ Don Lugo 5:00pm	28 Run & Lift 8:00-10:00am	29 Varsity 7on7 & Lineman Competition @ Baldwin Park HS
30 No Practice						

Instagram: ocknightsfootball

Twitter: OC\_Knights\_FB



# JULY



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1 Practice 3:30-6:30pm	2 Practice 3:30-6:30pm	3 No Practice HOLIDAY BREAK	4 No Practice HOLIDAY BREAK	5 No Practice HOLIDAY BREAK	6 No Practice HOLIDAY BREAK
7 No Practice HOLIDAY BREAK	8 Practice 3:30-6:30pm	9 Run & Lift 8:00-10:00am <i>7on7 &amp; Linemen @ West Covina 5:00pm</i>	10 Practice 3:30-6:30pm	11 Lift 3:30-4:30pm <i>7on7 &amp; Linemen @ OC 5:00pm</i>	12 Varsity Run & Lift 8:00-10:00am <i>JV 7on7 @ Ocean View</i>	13 <i>Varsity 7on7 &amp; Lineman Competition @ Ocean View HS</i>
14 No Practice	15 Practice 3:30-6:30pm	16 Practice 3:30-6:30pm	17 Practice 3:30-6:30pm	18 Lift 3:30-4:30pm <i>7on7 &amp; Linemen @ OC 5:00pm</i>	19 Run & Lift 8:00-10:00am	20 <i>Varsity 7on7 &amp; Lineman Competition @ Paloma Valley HS</i>
21 No Practice	22 Practice 3:30-6:30pm	23 Practice 3:30-6:30pm	24 Practice 3:30-6:30pm	25 Lift 3:30-4:30pm <i>7on7 &amp; Linemen @ OC 5:00pm</i>	26 Run & Lift 8:00-10:00am <b>THE RETREAT</b>	27 <b>THE RETREAT</b>
28 <b>THE RETREAT</b>	29 Practice 3:30-6:30pm	30 Practice 3:30-6:30pm	31 Practice 3:30-6:30pm			

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# AUGUST



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 Practice 3:30-6:30pm	2 Run & Lift 8:00-10:00am	3 No Practice
4	5 Practice 3:30-6:30pm	6 Practice 3:30-6:30pm	7 Practice 3:30-6:30pm	8 Intersquad Scrimmage 4:00-6:00pm	9 Run & Lift 8:00-10:00am	10 No Practice
11 No Practice	12 Practice 3:20-5:00pm Monday Knight Fellowship 5:15-6:00pm	13 Practice 3:20-5:30pm	14 Practice 3:20-5:30pm	15 Practice 3:20-5:30pm	16 Home Scrimmage vs Apple Valley, Corona Santiago & Silverado JV @ 4:00pm Varsity @ 6:00pm	17 Film & Recovery 9:00-11:00am
18 No Practice	19 Practice 3:20-5:00pm Monday Knight Fellowship 5:15-6:00pm	20 Practice 3:20-5:30pm	21 Practice 3:20-5:30pm	22 JV vs Summit HS @4:00pm Varsity Practice 3:20-5:00pm	23 Varsity vs Summit HS @7:00pm Knights Stadium	24 Film & Recovery 9:00-11:00am
25 No Practice	26 Practice 3:20-5:00pm Monday Knight Fellowship 5:15-6:00pm	27 Practice 3:20-5:30pm	28 Practice 3:20-5:30pm	29 JV @ Bonita HS @4:00pm Varsity Practice 3:20-5:00pm	30 Varsity @ Bonita HS @7:00pm Bonita Stadium	31 Film & Recovery 9:00-11:00am

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