

~ Verbum Dei Football June 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 4:30-5:30pm Weights 6pm – 8pm Offense	<b>2</b> 4:30-5:30pm Weights 6pm – 8pm Defense	<b>3</b> <b>No Practice</b>	<b>4</b> 4:30-5:30pm Weights 6pm – 8pm Defense	<b>5</b> <u>12:00-1:00</u> <u>Weights</u> <u>1:00pm</u> <u>Offense</u> <u>End of Spring</u> <u>Football</u>
<b>6</b> San Diego State Player's Camp @ Fountain Valley HS 45.00	<b>7</b> Annual Parent Mtg @ 6:30pm in the School Library	<b>8</b> Off  <b>Finals</b> <b>No</b> <b>practice</b>	<b>9</b> Off  <b>Finals</b> <b>No</b> <b>practice</b>	<b>10</b> Off  <b>Finals</b> <b>No</b> <b>practice</b>	<b>11</b> Off Last Day of School <u>Spirit Pack</u> <u>Monies Due</u> USC Kicking Camp	<b>12</b> Off USC O-Line, D-Line Camp
<b>13</b> San Diego State Player's Camp @ SDSU 45.00 USC Skills Position Camp	<b>14</b> Off  <b>Free Day</b>	<b>15</b> 4:00-5:30pm Weights Linemen Offense Passing @ Santa Monica HS – 4pm	<b>16</b> 4:00-5:30pm Weights 6pm – 8pm Defense	<b>17</b> 3:00-5:30pm Practice	<b>18</b> 4:00-5:30pm Weights 5:30pm – 7:30PM Defense	<b>19</b> Beverly Hills Passing Tournament 7:30@ Verb 1 <sup>st</sup> game 9am
<b>20</b> San Diego State Player's Camp @ Narbonne HS 9am 45.00	<b>21</b> 4:00-5:30pm Weights 5:30pm – 7:30PM Defense  <u>Summer School</u> <u>Begins</u>	<b>22</b> 4:00-5:00pm Weights Passing vs. View Park @ Rancho Cienega Park Leave School @ 5:00pm	<b>23</b> El Camino College Passing League 5:00pm <b>LINEMAN</b> <b>WEIGHTLIFTING</b> 3:00-4:30pm	<b>24</b> 3:00-5:30pm Practice Offense  <i>Possible game</i> <i>versus</i> <i>Santa Monica HS</i>  GUOP	<b>25</b> 4:00-5:30pm Weights 6pm – 8pm Defense  GUOP	<b>26</b> DAY OFF  -----
<b>27</b> DAY OFF  -----	<b>28</b> 4:00-5:30pm Weights 6pm – 8pm Defense	<b>29</b> 4:00-5:30pm Weights Passing League @ Malibu HS 4:30pm Vans leave @ 3:30pm	<b>30</b> El Camino College Passing League 5:00pm <b>LINEMAN</b> <b>WEIGHTLIFTING</b> 3:30-4:30pm	<b>Notes:</b>		

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>3pm-4:30pm</b> Weights <b>Passing League</b> <b>@ Bell Gardens</b> HS 4:30pm	<b>2</b> DAY OFF -----	<b>3</b> DAY OFF -----
<b>4</b> DAY OFF -----	<b>5</b> DAY OFF -----	<b>6</b> <b>3pm-4:30pm</b> Weights <b>Passing League</b> <b>@ Malibu HS</b> <b>Vans leave at</b> <b>3:30pm</b>	<b>7</b> <b>El Camino</b> <b>College Passing</b> <b>League</b> <b>LINEMAN</b> <b>WEIGHTLIFTING</b> <b>3:30-4:30pm</b>	<b>8</b> <b>3pm-4:30pm</b> Weights <b>Passing League</b> <b>@ Bell Gardens</b> HS	<b>9</b> 6pm – 8pm Defense	<b>10</b>
<b>11</b>	<b>12</b> <b>3pm-4:30pm</b> Weights 6pm – 8pm Defense <b>QB Camp @LBCC</b> <b>12noon</b> <b>WR Camp@LBCC</b> <b>4pm</b>	<b>13</b> <b>3pm-4:30pm</b> Weights <b>WR Camp@</b> <b>LBCC</b> <b>8am-4pm</b>	<b>14</b> <b>El Camino</b> <b>College Passing</b> <b>League</b> <b>LINEMAN</b> <b>WEIGHTLIFTING</b> <b>3:30-4:30pm</b>	<b>15</b> <b>3pm-4:30pm</b> Weights <b>Passing League</b> <b>@ Bell Gardens</b> HS	<b>16</b> 6pm – 8pm Defense <b>****T-Shirt and</b> <b>Cap Money is</b> <b>Due****</b>	<b>17</b> <b>Dead Period</b> <b>Vacation</b> <b>Begins for</b> <b>Everyone!</b>
<b>18</b> Day 2	<b>19</b> Day 3 <b>Weightlifting</b>  <b>3pm-4:30pm</b>	<b>20</b> Day 4	<b>21</b> Day 5 <b>El Camino</b> <b>College Passing</b> <b>League</b> <b>Final Day</b>	<b>22</b> Day 6 <b>Weightlifting</b>  <b>3pm-4:30pm</b>	<b>23</b> Day 7	<b>24</b> Day 8
<b>25</b> Day 9	<b>26</b> Day10 <b>Weightlifting</b>  <b>3pm-4:30pm</b>	<b>27</b> Day 11	<b>28</b> Day 12 <b>Weightlifting</b>  <b>3pm-4:30pm</b>	<b>29</b> Day 13 <b>Weightlifting</b>  <b>3pm-4:30pm</b>	<b>30</b> Day 14  <u>Summer School</u> <u>Ends</u>	<b>31</b> Day 15

~ Verbum Dei Football August 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Day 16 Weightlifting 3pm-4:30pm	<b>3</b> Day 175	<b>4</b> Day 18 Weightlifting 3pm-4:30pm	<b>5</b> Day 19 Weightlifting 3pm-4:30pm	<b>6</b> Day 20	<b>7</b> Day 21 Dead period ends Equipment Distribution 10am Physicals Due Insurance Due
<b>8</b> Day 22	<b>9</b> Fall Camp Day 1 Times to be arranged	<b>10</b> Fall Camp Day 2 Times to be arranged	<b>11</b> Fall Camp Day 3 Times to be arranged	<b>12</b> Fall Camp Day 4 Times to be arranged	<b>13</b> Fall Camp Day 5 Times to be arranged	<b>14</b> Fall Camp Day 6 Times to be arranged
<b>15</b>	<b>16</b> Fall Camp Day 7 Times to be arranged	<b>17</b> Fall Camp Day 8 Times to be arranged	<b>18</b> Fall Camp Day 9 Times to be arranged	<b>19</b> Fall Camp Day 10 Times to be arranged	<b>20</b> Fall Camp Day 11 Times to be arranged	<b>21</b> Fall Camp Day 12 Blue/Gold Game 12noon End of Fall Camp
<b>22</b>	<b>23</b> School Begins 4:30-5:30pm Weights 6pm – 8pm	<b>24</b> 4:30-5:30pm Weights 6pm – 8pm	<b>25</b> 4:30-5:30pm Weights 6pm – 8pm Special Teams	<b>26</b> 4:30-5:30pm Weights 6pm – 8pm	<b>27</b> 4:30-5:30pm Weights 6pm – 8pm	<b>28</b> Saturday Team 7 on 7 Scrimmage @ Verb
<b>29</b>	<b>30</b> 4:30-5:30pm Weights 6pm – 8pm	<b>31</b> 4:30-5:30pm Weights 6pm – 8pm	<b>Notes:</b>			