

# February

Sunday 4-Feb	Monday 5-Feb	Tuesday 6-Feb	Wednesday 7-Feb	Thursday 8-Feb	Friday 9-Feb	Saturday 10-Feb
	3:15-5:45 <b>Discuss Team Values &amp; Expectations</b> Review Warm Up Review Weights Review Throws	3:50-6:00 <b>Review Team Values &amp; Expectations</b> Review Warm Up Review Weights Review Throws	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	9am-11am All Warm Up Throw Strongteam Relay
11-Feb	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	<b>Event Testing</b>
18-Feb	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	9am-11am All Warm Up Throw Strongteam Relay
25-Feb	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	<b>Practice Meet vs Alhambra Home</b>	3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	9am-11am All Warm Up Throw Strongteam Relay

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3-Mar	4-Mar 3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	5-Mar 3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	6-Mar <b>Meet vs Miramonte Home</b>	7-Mar 3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	8-Mar 3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	9-Mar 9am-11am All Warm Up Throw Strongteam Relay
10-Mar	11-Mar 3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	12-Mar 3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	13-Mar <b>Meet vs Northgate Away</b>	14-Mar 3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	15-Mar 3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	16-Mar <b>Distance Fiesta Away</b> 9am-11am All Warm Up Throw Strongteam Relay
17-Mar	18-Mar 3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	19-Mar 3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	20-Mar <b>Meet vs Clayton Valley Away</b>	21-Mar 3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	22-Mar 3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	23-Mar <b>Bay Area Relays Foothill</b> 9am-11am All Warm Up Throw Strongteam Relay
24-Mar	25-Mar 3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	26-Mar 3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	27-Mar <b>Meet vs Las Lomas Away</b>	28-Mar 3:50-6:00 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	29-Mar <b>Stanford Invite</b> 3:15-5:45 All Warm Up Weights Group A Throws Group B Weights Group B Throws Group A	30-Mar <b>Stanford Invite</b> 9am-11am All Warm Up Throw Strongteam Relay

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Mar	1-Apr <b>Spring Break</b> Weights Group A Throws Group B Weights Group B Throws Group A	2-Apr <b>Spring Break</b> Weights Group A Throws Group B Weights Group B Throws Group A	3-Apr <b>Spring Break</b> Weights Group A Throws Group B Weights Group B Throws Group A	4-Apr <b>Spring Break</b> Weights Group A Throws Group B Weights Group B Throws Group A	5-Apr <b>Spring Break</b> Weights Group A Throws Group B Weights Group B Throws Group A	6-Apr 9am-11am All Warm Up Throw Strongteam Relay
7-Apr	8-Apr 3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	9-Apr 3:50-6:00 Weights Group A Throws Group B Weights Group B Throws Group A	10-Apr 3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	11-Apr 3:50-6:00 Weights Group A Throws Group B Weights Group B Throws Group A	12-Apr 3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	13-Apr <b>West Coast Relays</b> <b>Buchanan HS</b> <b>Clovis</b>  9am-11am All Warm Up Throw Strongteam Relay
14-Apr	15-Apr 3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	16-Apr 3:50-6:00 Weights Group A Throws Group B Weights Group B Throws Group A	17-Apr <b>Meet vs Acalanes</b> <b>Home</b>	18-Apr 3:50-6:00 Weights Group A Throws Group B Weights Group B Throws Group A	19-Apr 3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	20-Apr <b>Distance &amp; Sprint</b> <b>Festival</b> <b>Granada HS</b>  9am-11am All Warm Up Throw Strongteam Relay
21-Apr	22-Apr 3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	23-Apr 3:50-6:00 Weights Group A Throws Group B Weights Group B Throws Group A	24-Apr 3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	25-Apr 3:50-6:00 Weights Group A Throws Group B Weights Group B Throws Group A	26-Apr 3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	27-Apr <b>DAL Championship</b> <b>Trials</b> <b>Home</b>

# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28-Apr	29-Apr	30-Apr	1-May	2-May	3-May	4-May
	3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	3:50-6:00 Weights Group A Throws Group B Weights Group B Throws Group A	3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	3:50-6:00 Weights Group A Throws Group B Weights Group B Throws Group A	3:15-5:45 Weights Group A Throws Group B Weights Group B Throws Group A	DAL Championship Finals Home
	Weight #9	4 x 30 yard Relays	Weight #10			Weight #11
5-May	6-May	7-May	8-May	9-May	10-May	11-May
	3:15-5:45 Weights Group A Throws Group A	3:50-6:00 Weights Group A Throws Group A	3:15-5:45 Weights Group A Throws Group A	3:50-6:00 Weights Group A Throws Group A	3:15-5:45 Weights Group A Throws Group A	NCS Tri Valley Championships Foothill HS
12-May	13-May	14-May	15-May	16-May	17-May	18-May
	3:15-5:45 Weights Group A Throws Group A	3:50-6:00 Weights Group A Throws Group A	3:15-5:45 Weights Group A Throws Group A	3:50-6:00 Weights Group A Throws Group A	3:15-5:45 Dublin HS	NCS MOC Dublin HS
19-May	20-May	21-May	22-May	23-May	24-May	25-May
	Weights Group A Throws Group A	Weights Group A Throws Group A	Weights Group A Throws Group A	Weights Group A Throws Group A	State Meet Buchanan HS Clovis	State Meet Buchanan HS Clovis
26-May	27-May	28-May	29-May	30-May	31-May	1-Jun
			Awards Night			