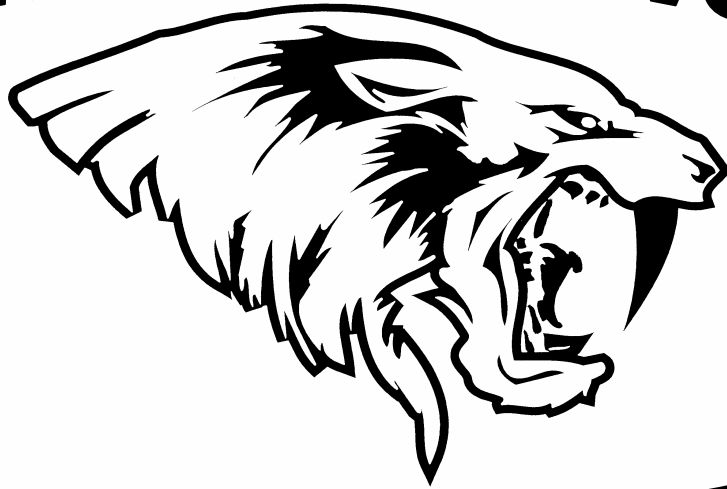


TERRA NOVA TIGER



FOOTBALL

2009

**VARSITY, SOPHOMORE & FRESHMAN
REVISED & UPDATED CALENDARS**

Click below to go to specific parts of the calendar:

[Introduction](#) [June](#) [July](#) [August](#) [September](#) [October](#) [November](#) [December](#)

2009 TERRA NOVA TIGERS SUMMER & FALL FOOTBALL CALENDAR

HOW TO USE THIS CALENDAR:

With more than 150 athletes participating annually in the TNHS Football Program, accurate communication between the coaching staff, the student/athlete and his parent/guardian is essential. Please remember that many tasks need to be completed **before** a young man can practice ... and once practice begins ... **the athlete who cannot practice, cannot play**. Championship football requires commitment and advance planning by **both the player ... and his family**.

This Football Calendar includes information, dates and times **for all three teams** ... varsity, sophomore and freshman. Some information is common to all three levels of football ... while dates, times and game schedules are unique to each team. Please make sure that while using this calendar that you refer to the sections that are “**general information**” and also those parts that refer to your son’s **specific team**.

GENERAL INFORMATION:

1. Terra Nova’s **BIGGER-FASTER-STRONGER** strength, speed agility and flexibility program is essential for team and individual success. The Summer BFS Program is voluntary, but is strongly recommended for your individual health, safety and athletic progress. In order to “**BE READY**” for football in the fall ... a player must be willing to “**GET READY**” during the summer. Refer to the enclosed calendar for the specific days and times of the TNHS Summer BFS Program.
2. All players **must** pass a **physical exam** for tackle football **prior to** equipment issue and the first day of required football practice. A player may obtain his physical exam from his **family physician**. Physical exam appointments can also be made at the **DALY CITY YOUTH HEALTH CLINIC**, 2780 Junipero Serra Blvd. beginning on August 1st by phoning (650) 985-7000 ... or at **Allen & Chan Chiropractic Clinic**, 2171 Junipero Serra Blvd. – Suite 590 in Daly City (cost: **\$20 to \$25**). Please refer to the **TNHS Physical Exam Flyer** available from your coach ... for specific details.

By State Law, your physical exam must have been taken during the calendar year preceding the first day of practice. Therefore, your physical exam for the 2009 football season must be dated **no earlier than August 13th, 2008**.

If you take your physical exam prior to the mailing home of your football forms packet, have the doctor write and date a note that states that you have passed a physical exam for tackle football ... then attach the note to the appropriate form once your football packet arrives in the mail. Football forms can be downloaded at www.terranovasports.com ... click on "forms". Football INFORMATION BULLETIN & FORM PACKETS will be mailed home the week of July 20th. If you are going to your own doctor, please schedule your appointment ASAP!

3. **FOOTBALL EQUIPMENT ISSUE** ... will take place according to the schedule listed below. In order to be issued equipment, each player **must** have **ALL** football and athletic forms (parent permission, physical, insurance, emergency info, health inventory, steroid form, helmet warning, discipline contract, photo and video release and football program rules handbook acknowledgement) correctly filled out, signed and returned to your coach **before** gear will be issued. Forms will be mailed home the week of July 20th and should be returned to your coach at your earliest convenience. Please note that we **will** issue gear to those **varsity and sophomore athletes** who have completed forms, but have scheduled their physical exam date sometime **after** their team's designated equipment issue date.

VARSITY EQUIPMENT ISSUE:	Wednesday, August 5 th Thursday, August 6 th	9:00 am – 12:00 noon 9:00 am – 12:00 noon
SOPHOMORE EQUIPMENT ISSUE:	Monday, August 10 th Tuesday, August 11 th	2:00 pm – 5:00 pm 2:00 pm – 5:00 pm
FRESHMAN EQUIPMENT ISSUE:	Saturday, August 15 th	3:00 pm (following practice)

REMEMBER ...

NO FORMS = NO GEAR = NO PRACTICE ...

CANNOT PRACTICE = CANNOT PLAY

First day of required football practice ...

FRIDAY, AUGUST 14th

VARSITY & SOPHOMORE TEAMS CHECK-IN at coach's office BEFORE 8:00 am
FRESHMAN TEAM CHECK-IN at Room 305 BEFORE 9:00 am

4. **ATTENDANCE POLICIES ARE IN EFFECT BEGINNING FRIDAY, AUGUST 14th** (refer to your TNHS Football Program Discipline Handbook for details). This **FOOTBALL PRACTICE CALENDAR** is given to you and your parents far in advance of the season ... so that you and your family can **plan ahead** for you to **be at school and practice every day**. It is important that the athlete and his parents structure their family and personal schedules around the football calendar. Please remember that **CHAMPIONSHIP FOOTBALL** requires a full commitment from **both** the athlete and his family!

In order for us to field teams that will compete for **championships**, each player must be at practice **every day** ... in addition, to insure that **academic eligibility requirements** are met and each athlete's scholastic work is completed on time and in excellent fashion, each player **must attend school on time, every period, every day, all day ... all season ... and the entire school year!**

PLEASE PLAN AHEAD!!

When a player misses all or part of a school day and/or practice, regardless of the reason (even if excused), the end result is **always** the same ... missed class work and/or a missed practice ... resulting in a **negative effect** on the player's academic grades, individual and team preparation.

***A PLAYER WHO CANNOT PRACTICE ... IS NOT PREPARED
and THEREFORE, CANNOT PLAY ON GAME DAY.***

If **ABSENCES** or **TARDIES** must occur, they **must always** be cleared **in advance** with your head coach, **by the player himself or the player's parent/guardian**. Failure to do so will result in the absence or tardy being "unexcused" ... with the player being held accountable for his inability to cooperate. Please refer to your TNHS Football Program Discipline Handbook for specific policies regarding "excused" and "unexcused" absences and tardies. Please note that **excessive "excused absences"** will result in diminished playing time.

5. **ACADEMIC ELIGIBILITY NOTICE:**

All incoming **FRESHMAN** athletes are automatically academically eligible to begin the football season, but will be under "**restricted status**" having earned an **8th grade GPA below a 2.00** (refer to your TNHS Football Discipline Handbook for the expectations of "**restricted status**" athletes) ... pending a coach, athlete and parent conference. All **SOPHOMORE** and **VARSITY** athletes must be academically eligible at the end of the 2nd semester grading period to participate in summer and fall football activities. In order to be academically eligible, each sophomore and varsity player **must**:

- Earn an overall 2nd semester 2.00 ("C") grade point average
- Pass a minimum of 20 2nd semester credits

Terra Nova football players are **NOT** encouraged to rely upon summer school grades to become academically eligible for summer and fall football activities.

Those athletes that were **suspended** from Spring Football Practice for having a 5th grading period GPA less than 2.00 may rejoin the TNHS Football Program under "**restricted status**" by earning a 2.00 2nd semester GPA or by demonstrating great progress toward becoming eligible at the semester ... and will then be permitted to attend summer school to complete their eligibility requirements ... **to be determined at the discretion of the head football coach**.

PLEASE NOTE THAT TNHS ENGLISH CLASSES HAVE REQUIRED SUMMER READING ASSIGNMENTS ... ALL FOOTBALL PLAYERS MUST HAVE A TWO PAGE "BOOK REPORT" WRITTEN IN EXCELLENT FASHION ... AND TURNED IN TO THE COACHING STAFF BY THE DEADLINE OF:

TUESDAY, AUGUST 18th

(failure to complete the summer reading assignment will result in suspension from the varsity & sophomore scrimmage or the freshman football jamboree)

Once school begins, the coaching staff will be checking each player's grades on a **weekly basis** ... beginning with the second week of school.

Any **FRESHMAN** player whose grade check shows **1 F or 2 D's** will be **suspended from all game day activities**. He will be returned to "active" game day status once he returns a grade check that does not show 1 F or 2 D's.

Any **VARSITY** or **SOPHOMORE** player returning a grade check that shows a grade point average **below a 2.00** will be placed on **academic probation**, requiring the player to attend mandatory study hall and tutoring with those teachers of the classes wherein his work has been inadequate. Study hall and tutoring take precedence over football practice. Remember, a player who cannot practice, cannot play. A player who is on **academic probation for two consecutive grade checks** will be **suspended from all game day activities**. Once a player raises his GPA to the 2.00 level or better, he will be removed from academic probation and/or game day suspension.

Any VARSITY, SOPHOMORE or FRESHMAN player on "**restricted status**" returning a grade check with **1 F or 2 D's** will be **dismissed** from the team.

The 2.00 grade point average is the minimum requirement for athletic eligibility at the League, Section and State level. A parent wishing a higher grade point average standard for their student/athlete son may do so by contacting the coaching staff at the following phone numbers:

HOW TO CONTACT THE TNHS FOOTBALL PROGRAM

HEAD VARSITY FOOTBALL COACH & ATHLETIC DIRECTOR

COACH GRAY: (650) 550-7643 or wgray@juhsd.net

HEAD SOPHOMORE FOOTBALL COACH

COACH RICHAU: (650) 550-7617 or kricha@juhsd.net

HEAD FRESHMAN FOOTBALL COACH

COACH HART: (650) 550-7624 or fhart@juhsd.net

TIGER PRIDE

2009

SUMMER & FALL FOOTBALL CALENDAR

(INCLUDES VARSITY, SOPHOMORE & FRESHMAN INFORMATION)

		VARSITY	SOPHOMORE	FRESHMAN
6/1	MON	Regular school day	Regular school day	XXXXX
6/2	TUE	Regular school day	Regular school day	XXXXX
6/3	WED	Final Exams (1+2) ... no 6 th period	Final Exams (1+2) ... no 6 th period	XXXXX
6/4	THUR	Final Exams (3+4) ... 6 th = team	Final Exams (3+4)	XXXXX
6/5	FRI	Final Exams (5+6) ... 6 th = team	Final exams (5+6)	XXXXX
6/6	SAT	XXXXX	XXXXX	XXXXX
6/7	SUN	XXXXX	XXXXX	XXXXX

IN ORDER TO "BE READY" FOR FOOTBALL IN THE FALL
THE MOTIVATED PLAYER MUST BE WILLING
TO "GET READY" DURING THE SUMMER!

		VARSITY	SOPHOMORE	FRESHMAN
6/8	MON	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	XXXXX
6/9	TUE	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	XXXXX
6/10	WED	Summer Program (2:00 – 5:00) <i>JUHSD Summer School Begins</i>	Summer Program (2:00 – 5:00) <i>JUHSD Summer School Begins</i>	XXXXX
6/11	THUR	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	XXXXX
6/12	FRI	XXXXX	XXXXX	Freshman Football invitations mailed home to all incoming freshmen boys.
6/13	SAT	<i>City College of San Francisco Passing Tournament</i>	XXXXX	XXXXX
6/14	SUN	XXXXX	XXXXX	XXXXX

When you have to make a decision ... whether or not to do something ... ask yourself ...

Will my decision make our team better?

If so, then do it ... if not, then don't do it!

		VARSITY	SOPHOMORE	FRESHMAN
6/15	MON	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	FRESHMAN FOOTBALL INFO NIGHT 7:00 pm – Thursday, June 18 TNHS Drama Room Fill out and mail or deliver freshman football sign-up form, summer BFS waiver form and a copy of your 8 th grade report card to Coach Gray at Terra Nova High School ... phone Coach Gray at (650) 550-7643 for a coach/parent/athlete meeting if your grade point average is below a 2.00.
6/16	TUE	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	
6/17	WED	Summer Program (2:00 – 5:00) <i>7 on 7: Lincoln @ TNHS (4:00)</i>	Summer Program (2:00 – 5:00)	
6/18	THUR	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	
6/19	FRI	XXXXX	XXXXX	
6/20	SAT	<i>Terra Nova High School Passing Tournament</i>	XXXXX	
6/21	SUN	XXXXX	XXXXX	

What will I give up to make my team better??

THERE IS NO OFF-SEASON

THE TNHS FOOTBALL PROGRAM OPERATES A
RED DEVIL - TNT "SAFE & SANE" FIREWORKS STAND
 Fairmont Shopping Center in Pacifica ... corner of Hickey & Gateway
DATES OF SALE: June 28th thru JULY 4th
YOUR PATRONAGE WILL BE GREATLY APPRECIATED!

		VARSITY	SOPHOMORE	FRESHMAN
6/22	MON	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program Begins (9:00 – 11:00) Each incoming freshman athlete must turn in summer BFS waiver form and 8th grade report card to verify a 2.00 8th grade GPA ... freshman athletes with a GPA below a 2.00 must first have had a coach/parent/athlete meeting to explain and accept the concept of "restricted status".
6/23	TUE	Summer Program (2:00 – 5:00) <i>7 on 7: Aragon @ TNHS (4:00)</i>	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
6/24	WED	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
6/25	THUR	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
6/26	FRI	XXXXX	XXXXX	BFS Readiness Program (9:00 – 11:00)
6/27	SAT	XXXXX	XXXXX	XXXXX
TNHS FOOTBALL FIREWORKS STAND OPENS in FAIRMONT SHOPPING CENTER – Corner of Hickey & Gateway in Pacifica				
6/28	SUN	XXXXX	XXXXX	XXXXX

		VARSITY	SOPHOMORE	FRESHMAN
6/29	MON	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
6/30	TUE	Summer Program (2:00 – 5:00) <i>JUHSD Summer School Concludes</i>	Summer Program (2:00 – 5:00) <i>JUHSD Summer School Concludes</i>	BFS Readiness Program (9:00 – 11:00)
7/1	WED	Summer Program (2:00 – 5:00) <i>7 on 7: Woodside @ TNHS (4:00)</i>	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/2	THUR	Summer Program (2:00 – 3:30) (weight room only – no practice)	Summer Program (2:00 – 3:30) (weight room only – no practice)	BFS Readiness Program (9:00 – 11:00)
7/3	FRI	XXXXX	XXXXX	XXXXX
7/4	SAT	XXXXX	XXXXX	XXXXX
7/5	SUN	XXXXX	XXXXX	XXXXX

Teach it > Learn it > Coach it > Practice it > Remember it

EXECUTE IT ON GAME DAY

		VARSITY	SOPHOMORE	FRESHMAN
7/6	MON	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/7	TUE	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/8	WED	Summer Program (2:00 – 5:00) <i>7 on 7: Hillsdale @ TNHS (4:00)</i>	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/9	THUR	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/10	FRI	XXXXX	XXXXX	BFS Readiness Program (9:00 – 11:00)
7/11	SAT	<i>Newark Memorial High School Passing Tournament</i>	XXXXX	XXXXX
7/12	SUN	XXXXX	XXXXX	XXXXX

**THE HARDER YOU WORK ...
 ... THE HARDER IT IS TO SURRENDER!!!**

		VARSITY	SOPHOMORE	FRESHMAN
7/13	MON	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/14	TUE	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/15	WED	Summer Program (2:00 – 5:00) <i>7 on 7: San Mateo @ TNHS (4:00)</i>	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/16	THUR	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/17	FRI	XXXXX	XXXXX	BFS Readiness Program (9:00 – 11:00)
7/18	SAT	<i>Menlo College Passing Tournament</i>	XXXXX	XXXXX
7/19	SUN	XXXXX	XXXXX	XXXXX

***CHANCE FAVORS THE PREPARED MIND and BODY
 THE KEY TO CHAMPIONSHIP FOOTBALL IS ...***

PREPARATION

***YOU CAN'T MAKE A GREAT PLAY ...
UNLESS YOU DO IT FIRST IN PRACTICE!***

		VARSIITY	SOPHOMORE	FRESHMAN
<i>FOOTBALL INFORMATION BULLETINS & FORM PACKETS MAILED HOME THIS WEEK</i>				
7/20	MON	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/21	TUE	Summer Program (2:00 – 5:00)	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/22	WED	Summer Program (2:00 – 5:00) <i>7 on 7: Burlingame @ TNHS (4:00)</i>	Summer Program (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/23	THUR	Summer Program ends (2:00 – 5:00)	Summer Program ends (2:00 – 5:00)	BFS Readiness Program (9:00 – 11:00)
7/24	FRI	XXXXX	XXXXX	BFS Readiness Program ends (9:00 – 11:00)
7/25	SAT	XXXXX	XXXXX	XXXXX
7/26	SUN	XXXXX	XXXXX	XXXXX

ALWAYS FINISH YOUR TRAINING SESSION ON A POSITIVE NOTE ... YOUR BODY ALWAYS REMEMBERS!

The Six W's: Work will win when wishing won't.

THE FIRST DAY OF **REQUIRED** FOOTBALL PRACTICE ... IS LESS THAN **TWO WEEKS** AWAY

IT IS TIME TO PLAN AHEAD!!

PHYSICAL EXAMS

Each player must have passed a physical exam for tackle football **prior to** the first day of football practice and gear issue. Please remember ... if you are using a previous physical, it must be dated during the calendar year preceding the first day of practice ... it must be dated **no earlier than August 13th, 2008**. We encourage all players to get their physical exams from their family physician. If that is not possible, there are several alternative ways to get a physical exam:

Refer to Terra Nova High School's Physical Exam Flyer for specific details!

- Physical exams can also be obtained at the **Allen & Chan Chiropractic Clinic**, 2171 Junipero Serra Blvd in Daly City ... phone **(650) 756-9003** for an appointment (cost: **\$20 with an appointment / \$25 drop-in without an appointment**). Allen & Chan Chiropractic Clinic is open Monday, Wednesday and Friday from 9:00 am to 6:00 pm ... Saturday mornings by appointment only.
- Appointments for physical exams can be made at the **DALY CITY YOUTH HEALTH CLINIC**, beginning on August 1st by phoning (650) 985-7000.

ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY!

SUCCESS ...

... IT IS WHAT YOU DO ... WITH WHAT YOU'VE GOT.

SHOE BULLETIN

It is strongly recommended (but not required) that each **VARSITY & SOPHOMORE** player have **three pair of shoes** ... two pair of football cleats (one pair for practice and one pair for games) plus one pair of quality soft soled running/gym shoes for our in-season BFS work-outs. Most players use last season's cleats for practice and purchase a new pair for game day use!

FRESHMAN football players will need **two pair of shoes** ... one pair of football cleats, plus one pair of quality soft-soled running/gym shoes for in-season BFS work-outs.

It is very important that you get your new football shoes **early** in the summer ... and that you properly "break them in" **prior to** the first day of practice. Your shoes must be in good shape and properly fitted in order to avoid early season blisters and sore feet. **A portion of our summer BFS program requires football shoes in order to train correctly!**

It is also very important that you purchase football shoes with **removable cleats** ... do not purchase shoes with molded soles. Our experience with molded sole shoes has shown that their arch and toe support is very poor ... leading to arch problems and serious cases of "turf toe". In addition, as the cleats "wear down", you can replace them ... the coaching staff has replacement cleats available for \$2.00 a set.

Please note that we require football shoes that are **primarily BLACK** in color (can have white or gold trim) ... either high tops or $\frac{3}{4}$ tops are appropriate, dependent upon the position you play. If you have any questions regarding proper shoes, talk to your coach before making a purchase.

It is also suggested that each player have a pair of **shower sandals** to wear between practices, during double sessions and while in the locker room, team room and shower areas.

PLAN AHEAD ... DON'T CHEAT YOUR FEET !!

TEAM ... DISCIPLINE ... EFFORT

***“NO CONTACT” PERIOD BEGINS ...TRAINING FACILITIES ARE OPEN DAILY FOR VOLUNTARY WORK-OUTS
 “GREAT TIME FOR FAMILY VACATIONS!”***

THIS IS “GET ORGANIZED” WEEK

During this week we encourage all players to complete their physical exam and turn in all forms to their coach!

		Varsity	Sophomore	Freshman
7/27	MON	XXXXX	XXXXX	XXXXX
7/28		XXXXX	XXXXX	XXXXX
7/29	WED	XXXXX	XXXXX	XXXXX
7/30	THUR	XXXXX	XXXXX	XXXXX
7/31	FRI	XXXXX	XXXXX	XXXXX
8/1	SAT	XXXXX	XXXXX	XXXXX
8/2	SUN	XXXXX	XXXXX	XXXXX

**TAKE RESPONSIBILITY FOR EVERY AREA OF YOUR LIFE
 IT MATTERS NOT WHAT YOU ARE TRYING TO ACCOMPLISH
 IT’S ALL A MATTER OF FOCUS AND DISCIPLINE
 DISCIPLINE YOURSELF ... AND NOBODY ELSE WILL HAVE TO!!**

		Varsity	Sophomore	Freshman
8/3	MON	(coach’s meeting)	(coach’s meeting)	(coach’s meeting)
8/4	TUE	(coach’s meeting)	(coach’s meeting)	(coach’s meeting)
8/5	WED	9:00 am – Varsity gear issue	XXXXX	XXXXX
8/6	THUR	9:00 am – Varsity gear issue	XXXXX	XXXXX
8/7	FRI	XXXXX <i>Registration deadline for 9/12 ACT test</i>	XXXXX	XXXXX
8/8	SAT	XXXXX	XXXXX	XXXXX
8/9	SUN	XXXXX	XXXXX	XXXXX

ATTENDANCE POLICIES BEGIN NOW !!

Required football practice begins on **Friday, August 14th**. All Terra Nova Football Program rules and attendance policies will be in effect. Please plan ahead and schedule your family and personal obligations around this football calendar. All absences and/or tardies to any team function must be cleared **in advance** with your **head coach** ... by the **player himself** or **his parent/guardian**.

NO EXCEPTIONS!

NEVER, NEVER PUSH THE CLOCK ... GET USED TO “TIGER TIME”

IF YOU ARE NOT EARLY ... YOU ARE LATE ... IF YOU ARE ALWAYS EARLY ... THEN YOU ARE ALWAYS ON TIME!

UNIFORM OF THE DAY - DRESS CODE

(SJ) = SHORTS + JERSEYS

(SJH) = SHORTS, JERSEYS + HELMETS

(LG) = LIGHT GEAR (SHORTS, PADS + HELMETS)

(FG) = FULL GEAR

EACH DAY ENDS WITH A MEASURABLE RESULT

WE WILL GET BETTER ... OR WE WILL GET WORSE ... WE WILL NEVER STAY THE SAME

WE MUST DEDICATE EVERY DAY TO IMPROVEMENT

		VARSITY	SOPHOMORE	FRESHMAN
8/10	MON	XXXXX	9:00 am – Sophomore gear issue	XXXXX
8/11	TUE	XXXXX	9:00 am – Sophomore gear issue	XXXXX
8/12	WED	XXXXX	XXXXX	10:00 am – Tiger Stadium TN Incoming Freshman Orientation
8/13	THUR	XXXXX	XXXXX	XXXXX
8/14	FRI	FIRST DAY OF PRACTICE DOUBLE SESSION 8:00 am – Check-in; dress and tape 8:15 am – Pre-practice position meeting 8:45 am – Early Outs 9:00 am – Practice (SJ) 11:30 am – Dismissal and shower; lunch break 12:00 pm – Video 1:30 pm – Check-in; dress and tape 1:45 pm – Pre-practice position meeting 2:15 pm – Early Outs 2:30 pm – Practice (SJ) 5:00 pm – Dismissal and shower 5:15 pm – Coach’s Meeting	FIRST DAY OF PRACTICE DOUBLE SESSION 8:00 am – Check-in; dress and tape 8:15 am – Pre-practice position meeting 8:45 am – Early Outs 9:00 am – Practice (SJ) 11:30 am – Dismissal and shower; lunch break 12:00 pm – Video 1:30 pm – Check-in; dress and tape 1:45 pm – Pre-practice position meeting 2:15 pm – Early Outs 2:30 pm – Practice (SJ) 5:00 pm – Dismissal and shower 5:15 pm – Coach’s Meeting	FIRST DAY OF PRACTICE 9:00 am: Report to Room 305 for orientation; collection of athletic & football forms. 10:00 am: Practice (SJ) 1:30 pm: Dismissal
		DOUBLE SESSION 8:00 am – Check-in; dress and tape 8:15 am – Pre-practice position meeting 8:45 am – Early Outs 9:00 am – Practice (SJ) 11:30 am – Dismissal and shower; lunch break 12:00 pm – Video 1:30 pm – Check-in; dress and tape 1:45 pm – Pre-practice position meeting 2:15 pm – Early Outs 2:30 pm – Practice (SJ) 5:00 pm – Dismissal and shower 5:15 pm – Coach’s Meeting	DOUBLE SESSION 8:00 am – Check-in; dress and tape 8:15 am – Pre-practice position meeting 8:45 am – Early Outs 9:00 am – Practice (SJ) 11:30 am – Dismissal and shower; lunch break 12:00 pm – Video 1:30 pm – Check-in; dress and tape 1:45 pm – Pre-practice position meeting 2:15 pm – Early Outs 2:30 pm – Practice (SJ) 5:00 pm – Dismissal and shower 5:15 pm – Coach’s Meeting	9:00 am: Practice (SJ) 11:30 am: Dismissal 12:00 pm: Gear issue ... equipment will be issued in rank order of 8 th grade GPA’s. Highest GPA’s first ... lowest GPA’s last.
8/15	SAT	Rest Day	Rest Day	Rest Day
8/16	SUN	Rest Day	Rest Day	Rest Day

THE SWEETEST REWARDS ... ARE JUST BEYOND THE GREATEST TEMPTATION TO QUIT!

THE BEST ATHLETES MUST BE THE HARDEST WORKERS AND THE BEST STUDENTS!

***** SUMMER READING ASSIGNMENTS ARE DUE NEXT WEEK *****

VARSITY & SOPHOMORE STANDARD WEEKLY PRACTICE STRUCTURE

STANDARD MONDAY: [taping will be done before school & during 6th period]

VAR BFS: Lift PS – BP – JC – HJ + timed run
 SOPH BFS: Run & Jump + timed run

LUNCH: Offensive Line, TE, Running Backs (Scouting Report / Video Study: previous game)
 QB & Receivers (Scouting Report)

2:45 pm – School dismissed; dress (FG)
 3:00 pm – VARSITY: OFFENSIVE PRACTICE [Punt; Fake Punt; Punt Return; Punt Block]
 SOPH: DEFENSIVE PRACTIC [Kickoff; KO Return; Onside Kick; Hands Team]
 5:30 pm – Dismissal and shower; study hall

AFTER PRACTICE: Offensive Line, TE, Running Backs (Video Study: inside run)

STANDARD TUESDAY: [taping will be done before school & during 6th period]

VAR BFS – Run & Jump + timed run
 SOPH BFS – Lift PS – BP – JC – HJ + timed run

LUNCH: Defensive Team (Scouting Report)
 QB & Receivers (Video Study: Monday practice)

2:45 pm – School dismissed; dress (FG)
 3:00 pm – VARSITY: DEFENSIVE PRACTICE [Kickoff; KO Return; Onside Kick; Hands Team]
 SOPH: OFFENSIVE PRACTICE [Punt; Fake Punt; Punt Return; Punt Block]
 5:30 pm – Dismissal and shower; study hall

AFTER PRACTICE: Offensive Line, TE, Running Backs (Video Study: previous game)

STANDARD WEDNESDAY: [taping will be done before school & during 6th period]

VAR & SOPH BFS: Video Study (opponent)

LUNCH: Defensive Team (Video Study: Tuesday Practice)
 QB & Receivers (Video Study: Tuesday Offensive Opportunity)

2:45 pm – School dismissed

SOPHOMORES:

2:45 pm – Dress (FG)
 3:00 pm – TEAM DEVELOPMENT PRACTICE
 (PAT/FG; Block)
 5:30 pm – Dismissal; shower; study hall

VARSITY:

2:45 pm – Study hall; see your teachers;
 Video Study (OL previous game)
 Video Study (by assignment)
 4:00 pm – Check-in and Dress (FG)
 4:30 pm – OFF/DEF PRACTICE
 (PAT/FG; Block)
 7:00 pm – Dismissal

STANDARD THURSDAY: [taping will be done before school & during 6th period]

VAR & SOPH BFS: Video Study (opponent)

LUNCH: Offense & Defense (Video Study: Wednesday practice)

2:45 pm – School dismissed; dress (LG)
 3:00 pm – PRE-GAME PRACTICE [Substitution Drill]
 4:30 pm – Team meeting, game uniform issue, equipment preparation and repair
 5:00 pm – Dismissal and shower; study hall

STANDARD FRIDAY:

VAR BFS: Video Study (opponent ... kicking game emphasis)
 SOPH BFS: Video Study (opponent) or field set-up / study hall

GAME DAY SCHEDULE

STANDARD SATURDAY:

8:00 am – Check-in and dress (SJ); injury status
 8:15 am – Video Analysis & breakfast [Special Teams; Offense; Defense]
 10:15 am – BFS Lift (BS – TB – PC – HJ)
 11:00 am – Scouting report practice + run
 12:00 pm – Dismissal and shower; locker inspection; study hall

SUNDAY – REST DAY

**“Winning and losing are both very temporary things.
 Having done one or the other, you move ahead.
 Gloating over a victory or sulking over a loss is a
 good way to stand still.”**



"GOOD LUCK" IS WHEN ... OPPORTUNITY MEETS PREPARATION!

		VARSITY	SOPHOMORE	FRESHMAN
8/17	MON	FACULTY ORIENTATION DOUBLE SESSION 12:30 pm – Check-in; dress and tape (LG) 1:00 pm – Pre-practice position meeting 1:15 pm – Early Outs 1:30 pm – Practice (LG) 4:00 pm – Dismissal and shower 4:15 pm – Video 5:30 pm – Check-in; dress and tape (LG) 5:45 pm – Pre-practice position meeting 6:00 pm – Early Outs 6:15 pm – Practice (LG) 8:45 pm – Dismissal and shower	FACULTY ORIENTATION 1:30 pm – Check-in; dress (LG) 2:30 pm – Standard MON Practice	FACULTY ORIENTATION 3:00 pm – 5:30 pm: Practice (FG)
8/18	TUE (1 st)	FIRST DAY of SCHOOL (min day) Standard TUE Practice > early start during 6 th period < > video after practice <	FIRST DAY of SCHOOL (min day) Standard TUE Practice > early start during 6 th period <	FIRST DAY of SCHOOL (min day) 1:00 pm – 3:30 pm: Practice (FG)
<i>Summer Reading Assignments due to your Head Coach ... TODAY!!</i>				
8/19	WED (1 st)	Standard MON Practice > early start during 6 th period <	Standard MON Practice > early start during 6 th period <	3:00 pm – 5:30 pm: Practice (FG)
8/20	THUR (2 nd)	Standard TUE Practice > 6 th period: Run & Jump <	Standard TUE Practice > 6 th period: Weight Train <	3:00 pm – 5:30 pm: Practice (FG)
8/21	FRI (3 rd)	Standard MON Practice > 6 th period: video <	Standard MON Practice > 6 th period: Run & Jump <	3:00 pm – 5:30 pm: Practice (FG)
8/22	SAT	8:00 am – Check-in & dress (FG) 8:30 am – Standard TUE practice 11:00 am – Re-dress (SJ) 11:15 am – Saturday BFS 12:00 pm – Dismissal & shower	8:00 am – Check-in & dress (SJ) 8:15 am – Saturday BFS 9:15 am – Re-dress (FG) 9:30 am – Standard TUE practice 12:00 pm – Dismissal & shower	8:30 am – 11:00: Practice (FG)
8/23	SUN	Rest Day	Rest Day	Rest Day

ASK YOURSELF EVERY DAY ...

If everybody practiced like me ... what kind of team would we be?

		VARSIITY	SOPHOMORE	FRESHMAN
8/24	MON (4 th)	Standard Monday Practice <i>Hand out grade checks</i>	Standard Monday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
8/25	TUE (5 th)	Standard Tuesday Practice <i>Collect grade checks</i>	Standard Tuesday Practice <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
8/26	WED (6 th)	Standard Wednesday Practice	Standard Wednesday Practice	3:00 pm – 5:30 pm: Practice (FG)
8/27	THUR (1 st)	Standard Thursday Practice > early start during 6 th period <	Standard Thursday Practice > early start during 6 th period <	3:00 pm – 5:30 pm: Practice (FG)
8/28	FRI (2 nd)	Jefferson – Carlmont – Los Altos @ TNHS (7:00 pm) 5:00 pm – Check-in; dress & tape 6:00 pm – Pre-game Warm-up 7:00 pm – Scrimmage begins!!	Jefferson – Carlmont – Los Altos @ TNHS (4:00 pm) 1:45 pm – Dismissal (<i>miss 1st</i>) 3:00 pm – Warm-up 4:00 pm – Scrimmage begins!!	3:00 pm – 5:30 pm: Practice (LG)
8/29	SAT	Standard Saturday Practice	Standard Saturday Practice	SCCAL Frosh Football Jamboree @ Soquel HS (10:00 am) 6:00 am – Check-in; dress & tape 7:00 am – Bus departs 9:00 am – Warm-up 10:00 am – Jamboree begins!!
8/30	SUN	Rest Day	Rest Day	Rest Day

**YOU CANNOT BUILD A WINNING REPUTATION ...
 BASED UPON WHAT YOU SAY YOU ARE GOING TO DO ...
ACTIONS AND RESULTS SPEAK MUCH LOUDER THAN THE SPOKEN WORD.**

BE HUMBLE IN VICTORY & PROUD IN DEFEAT!!

FALL SPORTSMANSHIP NIGHT

WEDNESDAY, SEPTEMBER 2nd @ 7:00 PM – TNHS Cafeteria

PLAYER & PARENTS MUST ATTEND

“PURSUING VICTORY WITH HONOR”

		Varsity	Sophomore	Freshman
8/31	MON (3 rd)	Standard Monday Practice <i>Hand out grade checks</i>	Standard Monday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice <i>Hand out grade checks</i>
9/1	TUE (4 th)	Standard Tuesday Practice <i>Collect grade checks</i>	Standard Tuesday Practice <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
9/2	WED (5 th)	Faculty Collaboration Day – 1:45 PM – Mandatory Football Study Hall in Cafeteria		
		Standard Wednesday Practice > start immediately after school due to Sportsmanship Night <	Standard Wednesday Practice	3:00 pm – 5:30 pm: Practice (FG)
<i>Fall Sportsmanship Night – 7:00 pm in TNHS Cafeteria ... player and parents <u>must attend</u>!!</i>				
9/3	THUR (6 th)	Standard Thursday Practice	Standard Thursday Practice	3:00 pm – 5:30 pm: Practice (FG)
9/4	FRI (1 st)	TNHS @ Burlingame (7:00 pm) 4:00 pm – Check-in; dress & tape 5:00 pm – Bus departs 6:00 pm – Pre-game Warm-up 7:00 pm – Kick-off!!	TNHS @ Burlingame (4:00 pm) 12:45 pm – Dismissal (<i>miss 5th & 6th</i>) 2:00 pm – Bus departs 3:00 pm – Pre-game Warm-up 4:00 pm – Kick-off!!	3:00 pm – 5:15 pm: Practice (FG)
9/5	SAT	Standard Saturday Practice <i>Hand out Bill Fox Photo Forms</i>	Standard Saturday Practice	Rest Day
9/6	SUN	Rest Day	Rest Day	Rest Day

The more you sweat in practice ...

... the less you bleed in battle!!

		VARSITY	SOPHOMORE	FRESHMAN
9/7	MON	Labor Day Holiday 8:00 am – Check-in & dress (SJ) 8:15 am – Monday BFS 9:15 am – Re-dress (FG) 9:30 am – Standard MON practice 12:00 pm – Dismissal & shower	Labor Day Holiday 8:00 am – Check-in & dress (SJ) 8:15 am – Monday BFS 9:15 am – Re-dress (FG) 9:30 am – Standard MON practice 12:00 pm – Dismissal & shower	Labor Day Holiday 8:30 am – 11:00 am: Practice (FG)
9/8	TUE (3 rd)	Standard Tuesday Practice <i>Hand out grade checks</i>	Standard Tuesday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
9/9	WED (4 th)	Standard Wednesday Practice <i>Collect grade checks</i> <i>Registration deadline for 10/10 SAT test</i>	Standard Wednesday Practice <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
9/10	THUR (5 th)	Standard Thursday Practice	Standard Thursday Practice	3:00 pm – 4:30 pm: Practice (LG)
9/11	FRI (6 th)	Wilcox @ TNHS (7:30 pm) 5:30 pm – Check-in; dress & tape 6:30 pm – Pre-game warm-up 7:30 pm – Kick-off!! <i>Bill Fox Photo Night</i>	Wilcox @ TNHS (5:00 pm) 3:00 pm – Check-in; dress & tape 4:00 pm – Pre-game warm-up 5:00 pm – Kick-off!!	Wilcox @ TNHS (3:00 pm) 12:45 pm – Dismissal (<i>miss 4th & 5th</i>) 2:00 pm – Pre-game warm-up 3:00 pm – Kick-off!!
9/12	SAT	Standard Saturday Practice <i>ACT test date</i>	Standard Saturday Practice	8:30 am -11:00 am: Conditioning & Video
9/13	SUN	Rest Day	Rest Day	Rest Day

MAKE EVERY EFFORT TO DO ...
WHAT YOU ARE COACHED TO DO ...
WITH FULL SPEED & EFFORT!!

		VARSITY	SOPHOMORE	FRESHMAN
9/14	MON (1 st)	Standard Monday Practice > early start during 6 th period < <i>Hand out grade checks</i>	Standard Monday Practice > early start during 6 th period < <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
9/15	TUE (2 nd)	Standard Tuesday Practice <i>Collect grade checks</i>	Standard Tuesday Practice <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
9/16	WED (3 rd)	Faculty Collaboration Day – 1:45 PM – Mandatory Football Study Hall in Cafeteria		
		Standard Wednesday Practice	Standard Wednesday Practice	3:00 pm – 5:30 pm: Practice (FG)
9/17	THUR (4 th)	Standard Thursday Practice	Standard Thursday Practice	3:00 pm – 4:30 pm: Practice (LG)
		BACK-TO-SCHOOL NIGHT – 7:00 PM – TNHS Cafeteria		
9/18	FRI (5 th)	Pioneer @ TNHS (8:00 pm) 6:00 pm – Check-in; dress & tape 7:00 pm – Pre-game warm-up 8:00 pm – Kick-off!! <i>Registration deadline for 10/24 ACT test</i>	Pioneer @ TNHS (5:00 pm) 3:00 pm – Check-in; dress & tape 4:00 pm – Pre-game warm-up 5:00 pm – Kick-off!!	Pioneer @ TNHS (3:00 pm) 12:45 pm – Dismissal (<i>miss 3rd & 4th</i>) 2:00 pm – Pre-game warm-up 3:00 pm – Kick-off!!
9/19	SAT	Standard Saturday Practice	Standard Saturday Practice	8:30 am – 11:00 am: Conditioning & Video
9/20	SUN	Rest Day	Rest Day	Rest Day

THE MORE OUR OFFENSE PLAYS ...
THE LESS OUR DEFENSE PLAYS ...
... THE MORE WE WIN !!!

**THE FIRST SIX WEEK GRADING PERIOD ENDS THIS WEEK
EACH PLAYER MUST EARN A 2.00 GPA TO CONTINUE THE FOOTBALL SEASON
... AND TO BE ACADEMICALLY ELIGIBLE FOR WINTER SPORTS**

		VARSITY	SOPHOMORE	FRESHMAN
9/21	MON (6 th)	Standard Monday Practice <i>Hand out grade checks</i>	Standard Monday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
9/22	TUE (1 st)	Standard Tuesday Practice > early start during 6 th period < <i>Collect grade checks</i>	Standard Tuesday Practice > early start during 6 th period < <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
9/23	WED (2 nd)	Standard Wednesday Practice	Standard Wednesday Practice	3:00 pm – 4:30 pm: Practice (LG)
9/24	THUR (3 rd)	Standard Thursday Practice	Standard Thursday Practice	Serra @ TNHS (6:00 pm) 4:00 pm – Check-in; dress & tape 5:00 pm – Pre-game Warm-up 6:00 pm – Kick-off!!
9/25	FRI (4 th)	San Mateo @ TNHS (7:00 pm) 5:00 pm – Check-in; dress & tape 6:00 pm – Pre-game warm-up 7:00 pm – Kick-off!! <i>Registration deadline for 11/1 SAT test</i>	San Mateo @ TNHS (4:00 pm) 1:45 pm – Dismissal (<i>miss 3rd</i>) 3:00 pm – Pre-game warm-up 4:00 pm – Kick-off!!	3:00 pm – 5:30 pm: Conditioning & Video
		<i>Final day of first six week grading period ... 2.00 GPA required to continue football season!</i>		
9/26	SAT	Standard Saturday Practice	Standard Saturday Practice	8:30 am – 11:00 am: Practice (FG)
		Homecoming Dance ... be on your best behavior ... TIGER PRIDE!!		
9/27	SUN	Rest Day	Rest Day	Rest Day

WHAT YOU HAVE DONE ... WHETHER RIGHT OR WRONG ...
... IS YOUR OWN DOING!

Winning is the science of being totally prepared.

		VARSITY	SOPHOMORE	FRESHMAN
9/28	MON (5 th)	Rest Day <i>Hand out grade checks</i>	Rest Day <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) (stadium) <i>Hand out grade checks</i>
9/29	TUE (6 th)	Standard Monday Practice (LG) <i>Collect grade checks</i>	Standard Monday Practice (LG) <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
9/30	WED (1 st)	Standard Tuesday Practice (LG) > early start during 6 th period <	Standard Tuesday Practice (LG) > early start during 6 th period <	3:00 pm – 4:30 pm: Practice (LG)
10/1	THUR (2 nd)	Standard Wednesday Practice (LG) <i>Registration deadline for 11/7 SAT test</i>	Standard Wednesday Practice (LG)	TNHS @ Aptos (5:30 pm) 1:45 pm – Dismissal (<i>miss 1st only</i>) 2:15 pm – Bus departs 4:30 pm – Pre-game warm-up 5:30 pm – Kick-off!!
10/2	FRI (3 rd)	BYE DATE 12:10 pm – Dismissal (<i>miss 1st & 2nd</i>) 12:30 pm – Yary Team Photo Day	BYE DATE 1:45 pm – Dismissal (<i>miss 2nd</i>) 2:00 pm – Yary Team Photo Date	3:00 pm – 5:30 pm: Yary Team Photo Day & Video Study
10/3	SAT	Standard Saturday Practice	Standard Saturday Practice	8:30 am – 11:00 am: Practice (FG)
10/4	SUN	Rest Day	Rest Day	Rest Day

CHAMPIONSHIP TEAMS ... WALK FOREVER TOGETHER!

***Each of us has been put on earth to do something well.
We cheat ourselves and the world if we don't use
our ability as best we can!***

YOU CAN'T MAKE A GREAT PLAY ... UNLESS ... YOU FIRST DO IT IN PRACTICE

		VARSITY	SOPHOMORE	FRESHMAN
10/5	MON (4 th)	Standard Monday Practice <i>Hand out grade checks</i>	Standard Monday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
10/6	TUE (5 th)	Standard Tuesday Practice <i>Collect grade checks</i>	Standard Tuesday Practice <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
10/7	WED (6 th)	Faculty Collaboration Day – 1:45 PM – Mandatory Football Study Hall in Cafeteria		
		Standard Wednesday Practice	Standard Wednesday Practice	3:00 pm – 4:30 pm: Practice (LG)
<i>Peninsula Athletic League Eligibility Date to become Eligible or Ineligible!</i>				
10/8	THUR (1 st)	Standard Thursday Practice > early start during 6 th period <	TNHS @ Sacred Heart Prep (3:00 pm) (miss 5th & 6th) 12:10 pm – Dismissal; dress & tape 1:00 pm – Bus departs 2:00 pm – Pre-game Warm-up 3:00 pm – Kick-off!!	Soquel @ TNHS (5:30 pm) 3:30 pm – Check-in; dress & tape 4:30 pm – Pre-game warm-up 5:30 pm – Kick-off!!
10/9	FRI (2 nd)	TNHS @ Sacred Heart Prep (3:00 pm) (miss 6th & 1st) 12:10 pm – Dismissal; dress & tape 1:00 pm – Bus departs 2:00 pm – Pre-game Warm-up 3:00 pm – Kick-off!!	Rest Day	3:00 pm – 5:00 pm: Conditioning & Video
10/10	SAT	Standard Saturday Practice <i>SAT test date</i>	Standard Saturday Practice	8:30 am – 11:00 am: Practice (FG)
10/11	SUN	Rest Day	Rest Day	Rest Day

THE MARK OF CHAMPIONS ...

IS HOW HARD THEY WORK ...

WHEN NO ONE IS WATCHING!!

		VARSDITY	SOPHOMORE	FRESHMAN
10/12	MON	Columbus Day Holiday 8:00 am – Check-in & dress (SJ) 8:15 am – Monday BFS 9:15 am – Re-dress (FG) 9:30 am – Standard MON practice 12:00 pm – Dismissal & shower	Columbus Day Holiday 8:00 am – Check-in & dress (SJ) 8:15 am – Monday BFS 9:15 am – Re-dress (FG) 9:30 am – Standard MON practice 12:00 pm – Dismissal & shower	Columbus Day Holiday 8:30 am – 11:00 am: Practice (FG)
10/13	TUE (4 th)	Standard Tuesday Practice <i>Hand out grade checks</i>	Standard Tuesday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
10/14	WED (5 th)	Standard Wednesday Practice <i>Collect grade checks</i>	Standard Thursday Practice <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
10/15	THUR (6 th)	Standard Thursday Practice	TNHS @ Aragon (3:00 pm) <i>(miss 4th & 5th)</i> 12:10 pm – Dismissal; dress & tape 1:00 pm – Bus departs 2:00 pm – Pre-game Warm-up 3:00 pm – Kick-off!!	3:00 pm – 4:30 pm: Practice (LG)
10/16	FRI (1 st)	TNHS @ Aragon (3:00 pm) <i>(miss 5th & 6th)</i> 12:10 pm – Dismissal; dress & tape 1:00 pm – Bus departs 2:00 pm – Pre-game Warm-up 3:00 pm – Kick-off!!	Rest Day	TNHS @ Scott's Valley (3:00 pm) <i>(miss 5th & 6th)</i> 12:10 am – Dismissal 12:30 pm – Bus departs 2:00 pm – Pre-game Warm-up 3:00 pm – Kick-off!!
10/17	SAT	Standard Saturday Practice <i>PSAT Test date</i>	Standard Saturday Practice	8:30 am – 11:00 am: Conditioning & Video
10/18	SUN	Rest Day	Rest Day	Rest Day

DON'T MAKE EASY THINGS HARD ...

NO DRAMA ... NO EXCUSES ... NO EMOTIONAL OUTBURSTS ...

Act as though you have been there before!!

		VARSITY	SOPHOMORE	FRESHMAN
10/19	MON (2 nd)	Standard Monday Practice <i>Hand out grade checks</i>	Standard Monday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
10/20	TUE (3 rd)	Standard Tuesday Practice <i>Collect grade checks</i>	Standard Tuesday Practice <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
10/21	WED (4 th)	Faculty Collaboration Day – 1:45 PM – Mandatory Football Study Hall in Cafeteria		
		Standard Wednesday Practice	Standard Wednesday Practice	3:00 pm – 4:30 pm: Practice (LG)
10/22	THUR (5 th)	Standard Thursday Practice	Standard Thursday Practice	TNHS @ Newark Memorial (5:30 pm) 1:45 pm – Dismissal (<i>miss 4th</i>) 2:30 pm – Bus departs 4:30 pm – Pre-game Warm-up 5:30 pm – Kick-off!!
10/23	FRI (6 th)	TNHS @ Woodside (7:00 pm) 4:00 pm – Check-in; dress & tape 5:00 pm – Bus departs 6:00 pm – Pre-game warm-up 7:00 pm – Kick-off!!	TNHS @ Woodside (4:00 pm) 12:45 pm – Dismissal (<i>miss 4th & 5th</i>) 2:00 pm – Bus departs 3:00 pm – Pre-game warm-up 4:00 pm – Kick-off!!	3:00 pm – 5:30 pm: Conditioning & Video
10/24	SAT	Standard Saturday Practice <i>ACT Test date.</i>	Standard Saturday Practice	8:30 am – 11:00 am: Practice (FG)
10/25	SUN	Rest Day	Rest Day	Rest Day

OUR PRIMARY DEFENSIVE GOAL ...

RECALL THE FOOTBALL

Hard work beats talent ...

... when talent fails to work hard.

		VARSITY	SOPHOMORE	FRESHMAN
10/26	MON (1 st)	Standard Monday Practice > early start during 6 th period <	Standard Monday Practice > early start during 6 th period <	3:00 pm – 5:30 pm: Practice (FG)
10/27	TUE (2 nd)	Standard Tuesday Practice	Standard Tuesday Practice	3:00 pm – 5:30 pm: Practice (FG)
10/28	WED (3 rd)	Standard Wednesday Practice	Standard Wednesday Practice	3:00 pm – 4:30 pm: Practice (LG)
10/29	THUR (4 th)	Standard Thursday Practice	Standard Thursday Practice	TNHS @ Piedmont (5:00 pm) 1:45 pm – Dismissal (<i>miss 3rd</i>) 2:30 pm – Bus departs 4:00 pm – Pre-game Warm-up 5:00 pm – Kick-off!!
10/30	FRI (5 th)	King's Academy @ TNHS (7:00 pm) 5:00 pm – Check-in; dress & tape 6:00 pm – Pre-game warm-up 7:00 pm – Kick-off!! <i>Registration deadline for 12/5 SAT test</i>	King's Academy @ TNHS (4:00 pm) 1:45 pm – Dismissal (<i>miss 4th</i>) 3:00 pm – Pre-game warm-up 4:00 pm – Kick-off!!	3:00 pm – 5:30 pm: Conditioning & Video
10/31	SAT	Standard Saturday Practice	Standard Saturday Practice	8:30 am – 11:00 am: Practice (FG)
11/1	SUN	Rest Day	Rest Day	Rest Day
DAYLIGHT SAVINGS TIME ENDS ... SET CLOCKS BACK ONE HOUR!				

**EACH GAME COULD BE JUST ANOTHER NIGHT ...
... OR THE REST OF ETERNITY AS CHAMPIONS!**

<p>THE SECOND SIX WEEK GRADING PERIOD ENDS NEXT WEEK ALL PLAYERS <u>MUST</u> EARN A 2.00 GPA TO CONCLUDE THE SEASON!</p>

ALWAYS FINISH STRONG ... ACADEMICALLY & ATHLETICALLY !!

		VARSITY	SOPHOMORE	FRESHMAN
11/2	MON (6 th)	Standard Monday Practice <i>Hand out grade checks</i>	Standard Monday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
11/3	TUE (1 st)	Standard Tuesday Practice > early start during 6 th period < <i>Collect grade checks</i>	Standard Tuesday Practice > early start during 6 th period < <i>Collect grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Collect grade checks</i>
11/4	WED (2 nd)	Faculty Collaboration Day – 1:45 PM – Mandatory Football		
		Standard Wednesday Practice	Standard Wednesday Practice	Study Hall in Cafeteria 3:00 pm – 4:30 pm: Practice (FG)
11/5	THUR (3 rd)	Standard Thursday Practice	Standard Thursday Practice	San Lorenzo Valley @ TNHS (5:30 pm) 3:30 pm – Check-in; dress & Tape 4:30 pm – Pre-game Warm-up 5:30 pm – Kick-off!!
11/6	FRI (4 th)	Menlo Atherton @ TNHS (7:00 pm) 5:00 pm – Check-in; dress & tape 6:00 pm – Pre-game warm-up 7:00 pm – Kick-off!! <i>Registration deadline for 12/12 ACT test.</i>	Menlo Atherton @ TNHS (4:00 pm) 1:45 pm – Dismissal (<i>miss 3rd</i>) 3:00 pm – Pre-game warm-up 4:00 pm – Kick-off!!	3:00 pm – 5:30 pm: Conditioning & Video
		<i>Final day of second six week grading period 2.00 GPA required to conclude season!</i>		
11/7	SAT	Standard Saturday Practice <i>SAT test date</i>	Standard Saturday Practice	8:30 am – 11:30 am: Practice (FG)
11/8	SUN	Rest Day	Rest Day	Rest Day

EXPECT VICTORY - TIGER PRIDE!

SKULL GAME WEEK

		VARSITY	SOPHOMORE	FRESHMAN
11/9	MON (5 th)	Standard Monday Practice <i>Hand out grade checks</i>	Standard Monday Practice <i>Hand out grade checks</i>	3:00 pm – 5:30 pm: Practice (FG) <i>Hand out grade checks</i>
11/10	TUE (6 th)	Standard Tuesday Practice <i>Collect Grade Checks</i>	Standard Tuesday Practice <i>Collect Grade Checks</i>	3:00 pm – 5:30 pm: Practice (FG)
11/11	WED	Veteran's Day Holiday 8:00 am – Check-in & dress (SJ) 8:30 am – Tuesday practice 11:00 am – Dismissal & shower	Veteran's Day Holiday 8:00 am – Check-in & dress (SJ) 8:30 am – Tuesday practice 11:00 am – Dismissal & shower	Veteran's Day Holiday 8:30 am – 11:00 am: Practice (LG)
11/12	THUR (2 nd)	Standard Thursday Practice	Standard Thursday Practice	TNHS @ Palo Alto (6:00 pm) 2:45 pm – Check-in; dress & tape 3:30 pm – Bus departs 5:00 pm – Pre-game warm-up 6:00 pm – Kick-off!! ----- <i>Freshman season concludes ... gear return in small gym after game!</i> FALL SPORTS AWARDS NIGHT Tuesday – 12/1 @ 7:00 pm – TN cafe
11/13	FRI (3 rd)	Half Moon Bay @ TNHS (7:00 pm) “SKULL GAME” 5:00 pm – Check-in; dress & tape 6:00 pm – Pre-game warm-up 7:00 pm – Kick-off!!	Half Moon Bay @ TNHS (3:00 pm) 1:45 pm – Dismissal (<i>miss 2nd</i>) 3:00 pm – Pre-game warm-up 4:00 pm – Kick-off!! ----- <i>Sophomore season concludes ... gear return in small gym after HMB game!</i> FALL SPORTS AWARDS NIGHT Tuesday – 12/1 @ 7:00 pm – TN cafe	XXXXXX
11/14	SAT	Standard Saturday Practice	XXXXXX	XXXXXX
11/15	SUN	Rest Day – CCS Seeding Meeting	XXXXXX	XXXXXX

CCS/CIF PLAYOFF INFORMATION

(VARSITY ONLY)

The **CCS FOOTBALL TOURNAMENT SEEDING MEETING** is Sunday, November 15th at 9:00 am. Our CCS opponent, date, time and game site will be determined at this meeting. All players are reminded to go to www.terranozasports.com after 12:00 noon on November 15th for all CCS information ... including our type of practice for Monday.

The remaining portion of this calendar is established assuming that all CCS playoff games will be played on Saturdays. Please note that the **CCS portion of this calendar is tentative** ... and subject to change ... should a Friday game be scheduled by the CCS, a revised calendar will be printed and promptly provided to the players and their families.

VARSITY ONLY		
11/16	MON (4 th)	8:00 am: Standard Monday Practice
11/17	TUE (5 th)	Standard Tuesday Practice
11/18	WED (6 th)	Standard Wednesday Practice > Collaboration Day Schedule <
11/19	THUR (1 st)	Standard Thursday Practice > early start during 6 th period < > PAL eligibility date <
11/20	FRI (2 nd)	Standard Thursday Practice
11/21	SAT	CCS Playoff Game (quarterfinal) Game day schedule will be set once our opponent, location and game time are determined.
11/22	SUN	Rest Day

VARSITY ONLY		
11/23	MON (3 rd)	Standard Monday Practice
11/24	TUE (4 th)	Standard Tuesday Practice <i>Winter Sportsmanship Night – 7:00 pm</i>
11/25	WED (5 th)	Minimum School Day 12:30 pm - Standard Wednesday Practice
11/26	THUR	Thanksgiving Holiday 8:00 am – Standard Thursday Practice
11/27	FRI	Thanksgiving Holiday 3:00 pm – Standard Thursday Practice
11/28	SAT	CCS Playoff Game (semifinal) Game day schedule will be set once our opponent, location and game time are determined.
11/29	SUN	Rest Day

VARSITY ONLY		
11/30	MON (2 nd)	Standard Monday Practice
12/1	TUE (3 rd)	Standard Tuesday Practice <i>Fall Sports Awards Night – 7:00 pm</i>
12/2	WED (4 th)	Standard Wednesday Practice > Collaboration Day Schedule <
12/3	THUR (5 th)	Standard Thursday Practice
12/4	FRI (6 th)	Standard Thursday Practice
12/5	SAT	CCS Championship Game Game day schedule will be set once our opponent, location and game time are determined. <i>SAT Test date.</i>
12/6	SUN	Rest Day

VARSITY ONLY		
12/7	MON (1 st)	Rest Day
12/8	TUE (2 nd)	Standard Monday Practice (LG)
12/9	WED (3 rd)	Standard Tuesday Practice (LG)
12/10	THUR (4 th)	Standard Monday Practice (LG)
12/11	FRI (5 th)	Standard Tuesday Practice (LG)
12/12	SAT	Rest Day <i>ACT Test date.</i>
12/13	SUN	Rest Day

VARSITY ONLY		
12/14	MON (6 th)	Standard Monday Practice
12/15	TUE	Standard Tuesday Practice > Minimum Day – Semester Final Exams <
12/16	WED	Standard Wednesday Practice > Minimum Day – Semester Final Exams <
12/17	THUR	Standard Thursday Practice > Minimum Day – Semester Final Exams <
12/18	FRI	Standard Thursday Practice > Staff Development Day – No School for Students <
12/19	SAT	CIF / California State Division II Championship Bowl Game (4:00 pm) Home Depot Center, Carson, CA
12/20	SUN	Rest Day

- **Equipment will be collected the MONDAY following our last game ... gear will be collected in the small gym during 6th period.**
- **Team room lockers must be emptied and the room vacated no later than the WEDNESDAY following our last game.**

**TRADITION
DOES NOT GRADUATE
TIGER PRIDE !!**