

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28 Indoor
29	30 Insanity 6-7am	31 Insanity 6-7am Blue Gym 2:30-4	February 1 Insanity 6-7am	2 Insanity 6-7am Blue Gym 2:30-4	3 Insanity 6-7am	4 Indoor with Rob
5	6 Insanity 6-7am	7 Insanity 6-7am Blue Gym 2:30-4	8 Insanity 6-7am	9 Insanity 6-7am	10 Insanity 6-7am Blue Gym 2:30-4	11
12	13 Insanity 6-7am	14 Insanity 6-7am	15 Insanity 6-7am Blue Gym 2:30-4	16 Insanity 6-7am Blue Gym 2:30-4	17 No School	18
19	20 No School	21 Insanity 6-7am Blue Gym 2:30-4	22 Insanity 6-7am Blue Gym 2:30-4	23 Insanity 6-7am Blue Gym 2:30-4	24 Insanity 6-7am Blue Gym 2:30-4	25
26	27 Tryouts 2:30-5:00	28 Tryouts 2:30-5:00	29 Practice 6am-7am Practice 2:30-4:30	March 1 Practice 6am-7am Practice 2:30-4:30	2 Practice 6am-7am Practice 2:30-4:30	3
4	5 Practice 6am-7am Practice 2:30-4:30	6 Practice 6am-7am Practice 2:30-4:30	7 Practice 6am-7am Practice 2:30-4:30	8 Home Game vs. Beaver Varsity 4 pm JV 5:30	9 Home Game vs. Spanish Fork Varsity 3:30 JV 5:00	10
11	12 Practice 6am-7am Practice 2:30-4:30	13 Home Game vs. East Varsity 3:30 JV 5:00	14 Practice 6am-7am Practice 2:30-4:30	15 Practice 6am-7am Practice 2:30-4:30	16 Game @ Riverton Varsity 3:30 JV 5:00	17
18	19 Practice 2:30-4:30	20 Game @ Syracuse Varsity 3:30 JV 5:00	21 Practice 2:30-4:30	22 Practice 2:30-4:30	23 No School Game @ Clearfield Varsity 3:30 JV 5:00	24
25	26 Practice 2:30-4:30	27 Practice 2:30-4:30	28 Practice 2:30-4:30	29 Game @ Viewmont Varsity 3:30 JV 5:00	30 Practice 2:30-4:30	31
April 1	2 No School	3 No School	4 No School	5 No School	6 No School	7

	Spring Break Practice 10am-1pm	Spring Break Team Hike 9am-2pm	Spring Break Battle of the Cage 10 am	Spring Break Practice 10am-1pm	Spring Break Practice 10am-1pm	
8	9 Practice 2:30-4:30	10 Game @ Hunter Varsity 3:30 JV 5:00	11 Practice 2:30-4:30	12 Practice 2:30-4:30	13 Home Game vs. Taylorsville Varsity 3:30 JV 5:00	14
15	16 Practice 2:30-4:30	17 Home Game vs. West Varsity 3:30 JV 5:00	18 Practice 2:30-4:30	19 Practice 2:30-4:30	20 Game @ Kearns Varsity 3:30 JV 5:00	21
22	23 Practice 2:30-4:30	24 Home Game vs. Viewmont Varsity 3:30 JV 5:00	25 Practice 2:30-4:30	26 Practice 2:30-4:30	27 Home Game vs. Hunter Varsity 3:30 JV 5:00	28
29	30 Practice 2:30-4:30	May 1 Game @ Taylorsville Varsity 3:30 JV 5:00	2 Practice 2:30-4:30	3 Practice 2:30-4:30	4 Game @ West Varsity 3:30 JV 5:00	5
6	7 Practice 2:30-4:30	8 Home Game vs. Kearns Varsity 3:30 JV 5:00	9 Practice 2:30-4:30	10 Practice 2:30-4:30	11 Practice 2:30-4:30	12
13	14 Practice 2:30-4:30	15 1 <sup>st</sup> Round Playoffs Varsity Only 4pm	16 Practice 2:30-4:30	17 Practice 2:30-4:30	18 Quarterfinals Varsity Only 4 pm	19
20	21 Practice 2:30-4:30	22 Semifinals	23 Practice 2:30-4:30	24 Finals Rio Tinto Stadium	25	26