August

TARTAN FOOTBALL
2022 SCHEDULE

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7						13
14						20
21	22 1:30 Fitness Testing and equipment 345 – 545 Practice 1	23 345 – 545 Practice 2	24 345 – 545 Practice 3	25 345 – 545 Practice 4	26 345 – 545 Practice 5	27 **OFF**
28 **OFF**	29 345 – 545 Practice 6	30 345 – 545 Practice 7	31 345 – 545 Practice 8			

Be sure to check the TeamSnap for workout ideas...and while there are no organized team activities permitted during the summer, stay in contact with your teammates regarding some fun get togethers like some touch football or use of the jugs machine. Enjoy your summer, but not too much: come into camp on the 22nd ready to prepare for the season.

September

TARTAN FOOTBALL 2022 SCHEDULE

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 345 – 545 Practice 9	2 **Exhibition Game TBD**	3 **OFF**
4 1100 – 100 Practice 10 Riders @ 400	5 1000–1045 O Film /D Lift 1100-100 Practice 11 115 – 200 D Film / O Lift	6 345 – 545 Practice 12 600 – 645 Athletic Focus	7 **Game #1 730 Mosaic Riffel @ Campbell**	8 330 – 430 Rundown	9 345 – 545 Practice 13	10 **OFF**
11 200–245 O Film /D Lift 300 – 445 Practice 14 500 –545 D Film / O Lift	12 345 – 545 Practice 15	13 345 – 545 Practice 16 600 – 645 Athletic Focus	14 **Game #2 730 Leibel Campbell @ WKC**	15 330 – 430 Rundown "Hat Day" Prizes for the best hats	16 **OFF**	17 **OFF**
18 **OFF**	19 1200 – 1245 O Film/DLift 345 – 530 Practice 17 545 – 630 O Lift / D Film	20 345 – 545 Practice 18	21 345 – 545 Practice 19	22 345 – 545 Practice 20 600 – 645 Athletic Focus	23 **Game #3 515 Mosaic Campbell @ Miller**	24 **OFF**
25 1000–1045 D Film /O Lift 1100-100 Practice 21 115 – 200 O Film / D Lift	26 1200 – 1245 O Film/DLift 345 – 530 Practice 22 545 – 630 O Lift / D Film	27 345 – 545 Practice 23	28 345 – 545 Practice 24 600 – 645 Athletic Focus	29 **Game #4 515 Leibel Oneill @ Campbell "Homecoming Game"**	30 330 – 430 Rundown	

October

TARTAN FOOTBALL 2022 SCHEDULE

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **OFF**
2 1000–1045 D Film /O Lift 1100-100 Practice 25 115 – 200 O Film / D Lift	3 1200 – 1245 O Film/DLift 345 – 530 Practice 26 545 – 630 O Lift / D Film	4 345 – 545 Practice 27	5 345 – 545 Practice 28 600 – 645 Athletic Focus	6 **Game #5 515 Leibel Campbell @ Leboldus**	7 330 – 430 Rundown "Jersey Day" Prizes for best jerseys	8 **OFF**
9 **OFF**	10 1000–1045 O Film /D Lift 1100-100 Practice 29 115 – 200 D Film / O Lift	11 345 – 545 Practice 30	12 345 – 545 Practice 31	13 345 – 545 Practice 32 600 – 645 Athletic Focus	14 **Game #6 at Leibel** **Time and opponent TBD**	15 **OFF**
16 **OFF**	17 1200 – 1245 O Film 345 – 530 Practice 33 545 – 630 D Film	18 345 – 545 Practice 34	19 345 – 545 Practice 35	20 345 – 545 Practice 36 600 – 645 Athletic Focus	21 **Quarter Finals @ Leibel** **515 6th vs 3rd** **730 5th vs 4th**	22 **OFF**
23 1000–1045 D Film 1100-100 Practice 37 115 – 200 O Film	24 1200 – 1245 O Film 345 – 530 Practice 38 545 – 630 D Film	25 345 – 545 Practice 39	26 345 – 545 Practice 40	27 345 – 545 Practice 41 600 – 645 Athletic Focus	28 **Semi Finals @ Mosaic** **515 Lowest vs 1st** **730 Highest vs 2nd**	29 **OFF**
30 1000–1045 O Film 1100-100 Practice 42 115 – 200 D Film	31 1200 – 1245 O Film 345 – 530 Practice 43 545 – 630 D Film					

November

TARTAN FOOTBALL 2022 SCHEDULE

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1200 – 1245 O Film 345 – 530 Practice 44 545 – 630 D Film	2 345 – 530 Practice 45	3 345 – 530 Practice 46 600 – 645 Athletic Focus	4 **City Final @ Mosaic** **600**	5 **OFF**
6 1000–1045 D Film 1100-100 Practice 47 115 – 200 O Film	7 1200 – 1245 O Film 345 – 530 Practice 48 545 – 630 D Film	8 345 – 530 Practice 49	9 345 – 530 Practice 50	10 345 – 530 Practice 51	11 345 – 530 Practice 52 600 – 645 Athletic Focus	12 **Provincial Final** **In Regina 1:00 vs** **Saskatoon**
13 **OFF**	14	15	16	17	18	19
20	21	22	23	24 **Tartan Football Awards Night – Dinner at 600 and Awards to follow**	25	26
27	28	29	30			