



ANNUAL CALENDARS

DECEMBER

- Order Championship Rings
- Grade Checks
- Study Hall for End of Semester
- Equipment Inventory
- Thank You Letters to media, boosters, teachers, VIPs
- Senior Meeting discuss future
- 1 on 1 Staff Meetings
- AD & Principal Meeting
- Coaches Wives Appreciation dinner
- Attend Youth Banquet
- Organize & schedule banquet
- Highlight Video
- Transition booster club (close all old business)
- December Newsletter

JANUARY

- Start the Academic Gameplan
- 1-rep max in weight room
- Nutrition Education
- Small group goal setting
- Recruit new players to program
- Juniors College Plan Followup
- Sophomore Form College Plan
- Equipment needs & quotes
- Interviews—Set Staff needs
- Attend coaching clinic with staff
- Start weekly coaches meetings
- First Fundraiser
- Attend middle school events
- Setup 12th CHAMPIONSHIP community outreach with feeder schools
- Middle School Lift Competition
- Jan Newsletter (incl spring calendar of events)

FEBRUARY

- Grade Checks
- Continue Academic Gameplan
- STRENGTH phase in wt room
- Character Counts Training
- NCAA Signing Day
- Signup players for SAT/ACT
- Team Bowling Trip
- Attend coaching clinic
- Weekly coaches meetings
- Booster Club Meetings
- Meet with AD to discuss fundraisers
- Attend HS basketball & wrestling events (at least 2 each)
- Attend middle school events
- Start 12th MAN elementary tutor program
- February Newsletter

MARCH

- Grade Checks
- Continue Academic Gameplan
- Character Counts Training
- STRENGTH phase in wt room
- First SAT test
- Team Madden Tournament
- Attend coaching clinic
- Weekly coaches meetings
- Booster Club Meetings
- Attend HS basketball & wrestling
- Attend middle school events
- 12th man tutor program
- February Newsletter

APRIL

- Grade Checks
- Continue Academic Gameplan
- Leadership Training
- EXPLOSION phase in wt room
- Speed Training
- First ACT test
- Team Paintball Trip
- Attend college practices
- Weekly coaches meetings
- Booster Club Meetings
- Order Spirit Packs
- Attend HS baseball & track
- Attend middle school events
- 12th man tutor program
- April Newsletter & Summer Calendar

MAY

- Grade Checks
- Continue Academic Gameplan
- Leadership Training
- EXPLOSION phase in wt room
- 2nd SAT/ACT
- Lift-A-Thon
- Staff Retreat
- Booster Club Meetings
- Spring Fundraiser
- Order equipment for Aug
- Spring Parent Meeting
- Attend HS baseball & track.
- Attend MS graduation
- 12th man tutor program
- May Newsletter

THE PLAN

JUNE

- Summer School Schedules
- Summer Metabolic Fitness Training
- Total Team Thursdays
- Passing Tournaments
- Individual Player Development Camps: (NFA, Linemen, etc)
- College Recruit Combines
- Continue Leadership Training
- Meet with youth coaches and put on a youth coaches clinic
- Youth Football Camp
- Weekly Booster Meetings
- Golf Tournament Fundraiser
- Football Ad Sheets
- Fireworks pre-sale sheets
- June Newsletter



JULY

- Check on Summer School
- Metabolic Fitness Training
- 10 day contact period
- Attend Team Camp
- Continue Leadership Training
- Fireworks Fundraiser
- Staff Retreat to evaluate where we are at as a team
- Final Booster Meeting until Aug
- Meet with Grounds Crew
- 2-week R&R for entire program
- July Newsletter



AUGUST

- Start 2-a-days Training
- Review Academic Gameplan
- MAINTENANCE phase in wt room
- Media Day for Team Poster & Program Pictures
- Media releases outlining off-season progress & invites to media friendly events
- Booster Club Meetings
- August Parent Meeting
- Gold Card Fundraiser
- Meet with AD to discuss season
- Meet with Cheer Advisor, Band, ASB to coordinate
- Address teachers at staff meeting
- August Newsletter

AUGUST PRACTICE

| | |
|-----------|------------|
| Weights | 3pm |
| Practice | 4:30 - 6pm |
| Classroom | 6 - 7pm |
| Practice | 7 - 8:30pm |

SEPTEMBER

- Grade Checks
- Continue Academic Gameplan
- Study Hall Wednesdays
- Captain Council Thurs Morning
- Team Dinner Thursday Night
- MAINTENANCE phase in wt room
- Weekend coaches meetings
- Booster Club Meetings
- Attend MS games during week
- Eagle 12 tutor program
- September Newsletter

OCTOBER

- Grade Checks
- Continue Academic Gameplan
- Study Hall Wednesdays
- Captain Council Thurs Morning
- Team Dinner Thursday night
- MAINTENANCE phase in wt room
- Weekend coaches meetings
- Booster Club Meetings
- Attend MS games during week
- Eagle 12 tutor program
- October Newsletter

NOVEMBER

- Grade Checks
- Continue Academic Gameplan
- Study Hall Wednesdays
- Captain Council Thurs Morning
- Team Dinner Thursday night
- MAINTENANCE phase
- Weekend coaches meetings
- Booster Club Meetings
- Tiger 12 tutor program
- October Newsletter
- BEAT TIGARD
- Win Region 3rd weekend
- Practice on Thanksgiving
- WIN STATE



IN SEASON PRACTICE

| | | | |
|-----|--|------|--|
| Mon | Lift 0; Film 1st Period 3:30 - 6pm Practice | Wed | Lift 0; Film 1st Period Study Hall afterschool 5:30 - 8pm Practice |
| Tue | Film 0 & 1 3:30 - 6:30pm Practice | Thur | Film 1st Period 3:30-5pm Practice 5:30p Team Dinner |



2016 Football Important Dates

SAVE THE DATES

- | | |
|--|--|
| <input checked="" type="checkbox"/> Mon Jan 27th Spring Parent Meeting | <input type="checkbox"/> Fri June 6th Lift-A-Thon Fundraiser |
| <input type="checkbox"/> Month of February Cookie Dough Fundraiser | <input type="checkbox"/> June 15th Final Camp & Spirit Pack Payment |
| <input type="checkbox"/> Mar 15th 1st Camp & Spirit Pack Payment | <input type="checkbox"/> Last 3 Weeks of June See Summer Lifting & Practice Schedule |
| <input type="checkbox"/> Month of April Car Wash Fundraiser | <input type="checkbox"/> Sat June 21 & June 28 7 on 7 Passing Tournaments |
| <input type="checkbox"/> April 15th 2nd Camp & Spirit Pack Payment | <input type="checkbox"/> July 1st - 4th Fireworks Booth. All pre-sale script due. |
| <input type="checkbox"/> Mon May 5th Summer Parent Meeting | <input type="checkbox"/> First 2 Weeks of July See Summer Lifting & Practice Schedule |
| <input type="checkbox"/> Sat May 17th Alumni Golf Tournament | <input type="checkbox"/> Last 2 Weeks of July FAMILY VACATION: No Football Activity |
| <input type="checkbox"/> May 15th 3rd Camp & Spirit Pack Payment | <input type="checkbox"/> Aug 1st Gold Card pre-sales. BLITZ NIGHT: Aug 15th |
| <input type="checkbox"/> Mon May 12th Spring Physical & Paperwork | <input type="checkbox"/> Month of August See August Lifting & Practice Schedule |
| <input type="checkbox"/> May 19th SPRING PRACTICE begins | <input type="checkbox"/> Aug 5th Fall Parent Meeting at 6pm in Library |
| <input type="checkbox"/> Fri May 30th Crimson & Gray Spring Scrimmage in stadium (followed by CHAMPIONSHIP Quarterback Club BBQ) | <input type="checkbox"/> Aug 17th Crimson & Gray Spring Scrimmage in stadium (followed by CHAMPIONSHIP Quarterback Club BBQ) |
| <input type="checkbox"/> First Week of June No Lifting/Practice: FINALS Week | <input type="checkbox"/> Aug 24th |



**BEAUMONT COUGARS
12 MONTH FOOTBALL PLAN**

POST SEASON 4 WEEKS

➤ Strength Training

Baseline Testing

Instruction, Weight Room Procedures/Policies

➤ Introduce Core Values & Character Development Program

Include individual evaluations of program, Season, Coaches/Players.

OFF SEASON 17 WEEKS

➤ Skill Development

Basic athletic movement skills

Fundamental Offensive & Defensive skills

Introduce & develop position specific skills

➤ Strength Training & Speed

Development (Cycle 1 & 2)

➤ Offense, Defense & Special Teams strategies introduced.

➤ Character Development, Leadership Training, Team Building

Theme each week

Team building events

Team Competitions

Identify & Train leadership council

Team Service Projects

PRE SEASON 16 WEEKS

- Offense, Defense & Special Teams philosophies developed.
- Offense, Defense & Special Teams strategies installed
- Skill mastery
 - Fundamental Offensive & Defensive Skills
 - Position specific skills
- Strength Training & Speed
 - Peak phase (Cycle 2 & 3)
- Character Development
- Team Competition, Handling Adversity

SEASON 16 WEEKS

- Competition
- Scheme refinement & Strategic adjustments
- Skill refinement
- Strength Training
 - Cycle 4
- Character Development

Wooden’s Pyramid of Success – 15 Lessons over the course of 16 weeks.

WEEKLY THEMES

Each week we will have a theme that is introduced at the Monday Scouting Report Meeting. The theme will carry significance throughout the entire week. A possible story will accompany it on Monday with follow up and discussions the remainder of the week. Friday will be a day to evaluate the theme. We will work to bring in guest speakers from the community in addition to using video to help with the themes.

- | | |
|-----------------------|---------------------------------|
| Game 1 - Enthusiasm | Game 9 – Mindset |
| Game 2 - Hard Work | Game 10 - Championship Friday |
| Game 3 - Cooperation | Game 11 - Condition |
| Game 4 - Loyalty | Game 12 - Team Spirit |
| Game 5 - Friendship | Game 13 - Skill |
| Game 6 - Self Control | Game 14 - Poise |
| Game 7 - Alertness | Game 15 - Confidence |
| Game 8 - Initiative | Game 16 - Competitive Greatness |

YEARLY OVERVIEW

The yearly overview provides a look into the ways the head coach will communicate and involve himself with various aspects/individuals associated directly or indirectly with our program.

| | IN SEASON | POST SEASON | OFF SEASON | PRE SEASON |
|--|---|--|--|---|
| Coaching Staff | <ul style="list-style-type: none"> - 2 way communication (regular meetings) | <ul style="list-style-type: none"> - position evaluation - reaffirm commitment - equipment ordering (prepare wish list) | <ul style="list-style-type: none"> - planning (policies, operating procedures, systems) - professional development - host coaching clinic - host lifting meet - host summer 7 on 7 tournament | <ul style="list-style-type: none"> - 2 way communication (meetings) |
| Support Staff | <ul style="list-style-type: none"> - daily contact - injury reports - videotape games - game statistics - manage equipment | <ul style="list-style-type: none"> - evaluation - inventory & budget request - organize equipment - develop highlight tape | <ul style="list-style-type: none"> - planning (review & revise procedures) - order equipment - show highlight tape to Jr. High's & community | <ul style="list-style-type: none"> - frequent daily contact - medical status - organize equipment |
| Player Relations | <ul style="list-style-type: none"> - 2 way communication - weekly captains meetings - "Where do I stand?" (week to week basis) | <ul style="list-style-type: none"> - evaluation - 1 on 1 meetings | <ul style="list-style-type: none"> - fundraising - planning (planning & operating procedures) - goal setting - communicate conditioning & training camp information - strength & conditioning | <ul style="list-style-type: none"> - "where do I stand?" (1 on 1 meetings) - goal setting & Individual Contract (Captains). |
| PR/Recruiting Jr. High's & Elementary Schools | <ul style="list-style-type: none"> - identify up and coming talent - meet with IWV Teams - Tutors | <ul style="list-style-type: none"> - determine Interest - Tutors | <ul style="list-style-type: none"> - ongoing contact (personalize relationship) - Tutors | KEEP THEM!!! |
| Fund Raising - Players | <ul style="list-style-type: none"> - sell raffle tickets for fall sports dinner - assist with minor activities | <ul style="list-style-type: none"> - plan & organize event for off season & pre-season. | <ul style="list-style-type: none"> - run event (Cow Chip Bingo & Car Wash) | <ul style="list-style-type: none"> - run event (Bargain Cards) |
| Strength Training | <ul style="list-style-type: none"> - focus on core lifts - Lift Monday, Wednesday with Saturday being a recovery Circuit | <ul style="list-style-type: none"> - Evaluate program & individualized needs - Rest & Recovery | <ul style="list-style-type: none"> - Essential. - 4 days per week Jan & Feb - 3 days per week March | <ul style="list-style-type: none"> - Lift 3 days per week during double days. Cut down on Supplemental lifts |
| Speed/Quickness | <ul style="list-style-type: none"> - Keep fresh as season progresses | <ul style="list-style-type: none"> - Evaluate program & individualized needs - Rest & Recovery | <ul style="list-style-type: none"> - Essential - 2/3 days per week & increased to 3 days per week in summer | <ul style="list-style-type: none"> - Position related agility drills during practice - daily |
| Fund Raising - Boosters | <ul style="list-style-type: none"> - Homecoming Event - Game Day Programs - Season calendar posters, etc. | <ul style="list-style-type: none"> - Football Awards Banquet - Convey wish list/needs | <ul style="list-style-type: none"> - Alumni Sports Dinner - Sell Sponsorships | <ul style="list-style-type: none"> - Red & Black Scrimmage |
| Academic Grade Monitoring & Support | <ul style="list-style-type: none"> - Memo to staff - workshops & seminars - study hall - bi weekly grade checks | <ul style="list-style-type: none"> - 1on 1 interviews (interim grade reports) - study hall | <ul style="list-style-type: none"> - follow up with at risk students - study hall | <ul style="list-style-type: none"> - academic orientation for upcoming freshmen players |
| Weekly & Daily Practice Organization | <ul style="list-style-type: none"> - weekly planning meetings (coaches) | <ul style="list-style-type: none"> - evaluation | <ul style="list-style-type: none"> - review & revise | <ul style="list-style-type: none"> - daily meetings - implementation schedule |

People acting together as a group can accomplish things which no individual acting alone could ever hope to bring about.

Franklin D. Roosevelt
32nd President

JAN 2015 MUSTANGS FOOTBALL

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------|-------------------------------------|------------|---|------------------|------------------------------|----------|
| | | | | 1 New Year's Day | 2 Under Armour Game | 3 |
| | | | WINTER BREAK | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | MAKE SURE YOU ARE LIFTING & RUNNING | | | | | |
| | WINTER BREAK | | | | | |
| 11 CYCLE 1 STRENGTH TRAINING | 12 LIFT SPEED TRAINING | 13 LIFT | 14 OKG Academy SPEED TRAINING | 15 LIFT | 16 LIFT SPEED TRAINING | 17 |
| 18 | 19 ML King Day | 20 LIFT | 21 LIFT OKG Academy SPEED TRAINING | 22 LIFT | 23 LIFT SPEED TRAINING | 24 |
| 25 | 26 LIFT SPEED TRAINING | 27 LIFT | 28 OKG Academy SPEED TRAINING | 29 LIFT | 30 LIFT SPEED TRAINING | 31 |
| 1 | | Notes | | | | |

FEB 2015 MUSTANGS FOOTBALL

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|-------------------------------------|-------------------|--|-------------------|--|-----------|
| | 2 LIFT SPEED TRAINING | 3 LIFT | 4 N.L.I Day OKG Academy SPEED TRAINING | 5 LIFT | 6 LIFT SPEED TRAINING | 7 |
| 8 Groundhog Day | 9 Lincoln's B Day | 10 LIFT | 11 LIFT OKG Academy SPEED TRAINING | 12 LIFT | 13 LIFT SPEED TRAINING Massacre Workout | 14 |
| 15 | 16 Presidents' Day | 17 LIFT | 18 LIFT OKG Academy SPEED TRAINING | 19 LIFT | 20 LIFT SPEED TRAINING | 21 |
| 22 | 23 LIFT SPEED TRAINING | 24 LIFT | 25 OKG Academy SPEED TRAINING Parent/Player Info Evening 6 PM | 26 LIFT | 27 LIFT SPEED TRAINING | 28 |
| | | Notes | | | | |

MARCH 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|-------------------------------------|--|----------------------------|-------------------------------------|-----------|
| | 2 LIFT SPEED TRAINING | 3 LIFT | 4 OKG Academy SPEED TRAINING | 5 Practice LIFT | 6 LIFT SPEED TRAINING | 7 |
| 8 | 9 LIFT SPEED TRAINING | 10 Skill Development LIFT | 11 OKG Academy SPEED TRAINING | 12 Practice LIFT | 13 LIFT SPEED TRAINING | 14 |
| 15 Daylight Saving NFF Scholar Athlete Dinner | 16 LIFT SPEED TRAINING | 17 Skill Development LIFT | 18 OKG Academy SPEED TRAINING Mandatory Parent & Player Meeting | 19 Practice LIFT | 20 LIFT SPEED TRAINING | 21 |
| 22 | 23 LIFT SPEED TRAINING Cookie Dough Fundraiser | 24 Skill Development LIFT | 25 OKG Academy SPEED TRAINING | 26 Practice LIFT | 27 LIFT SPEED TRAINING | 28 |
| 29 | 30 | 31 | SPRING BREAK | | | |
| | | Notes | | | | |

APR 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------------|--|--|------------------------------------|-------------------------------------|-----------|
| | | | 1 | 2 | 3 | 4 |
| SPRING BREAK | | | | | | |
| 5 CYCLE 2 STRENGTH TRAINING | 6 LIFT SPEED TRAINING | 7 LIFT Skill Development 4-5PM | 8 OKG Academy SPEED TRAINING | 9 LIFT Practice 4-30 | 10 LIFT SPEED TRAINING | 11 |
| 12 | 13 LIFT SPEED TRAINING | 14 LIFT Skill Development 4-5PM | 15 OKG Academy SPEED TRAINING | 16 LIFT Practice 4-30 | 17 LIFT SPEED TRAINING | 18 |
| 19 Easter | 20 LIFT SPEED TRAINING | 21 LIFT Skill Development 4-5PM | 22 OKG Academy SPEED TRAINING | 23 LIFT Practice 4-30 | 24 LIFT SPEED TRAINING | 25 |
| 26 | 27 | 28 | 29 OKG Academy | 30 | | |
| Spring Ball 4-6 PM | | | | | | |
| | Lift | Lift | | Lift | | |
| | | Notes | | | | |

MAY 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--------------------|---------|---|----------|-----------------------------|-------------------------------|
| | | | | | 1 LIFT SPEED TRAINING | 2 |
| 3 | 4 | 5 | 6 OKG Academy | 7 | 8 | 9 |
| | Spring Ball 4-6 PM | | | | | |
| | Lift | Lift | SPRING SHOWCASE PRACTICE | Lift | Lift | Mustang Youth Camp 6-8 PM |
| 10 Mother's Day | 11 | 12 | 13 OKG Academy | 14 | 15 | 16 |
| | Spring Ball 4-6 PM | | | | | |
| | Lift | Lift | 7 on 7 & Line Competition Oak Hills, Ramona | Lift | Lift | Charter Oak 7 on 7 Tournament |
| 17 | 18 | 19 | 20 OKG Academy | 21 | 22 | 23 |
| | Spring Ball 4-6 PM | | | | | |
| | Lift | Lift | 7 on 7 & Line Competition A.B. Miller, Fohi, Oak Hills Ramona | Lift | Lift | |
| 24 | 25 Memorial Day | 26 | 27 | 28 | 29 | 30 |
| | Strength Testing | | | | | |
| | Finals Week | | | | | |
| 31 | | | Water Sales at Graduation | | | |
| | Notes | | | | | |

JUNE 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|---|---------|---------------------------------------|------------------------------|--------|--------------------------|
| | 1 | 2 | 3 OKG Academy | 4 | 5 | 6 |
| | Live Period Workouts 3-5 PM | | | | | |
| | | | | Freshman Parent Meeting 7 PM | | |
| 7 | 8 | 9 | 10 OKG Academy | 11 | 12 | 13 |
| | Live Period Workouts 3-5 PM | | | | | |
| | | | | | | |
| 14 Father's Day | 15 | 16 | 17 OKG Academy | 18 | 19 | 20 |
| | Live Period Workouts 3-5 PM | | | | | |
| | | | | | | |
| 21 | 22 | 23 | 24 OKG Academy | 25 | 26 | 27 |
| | Summer Workouts & Practice M-Th 3-630 PM | | | | | |
| | | | 7 on 7 & Line Competition Beaumont | | | 7 on 7 Tournament TBA |
| 28 | 29 | 30 | | | | |
| | Summer Workouts & Practice M-Th 3-630 PM | | | | | |
| | | | | | | |
| | | Notes | | | | |

JUL 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|--|----------|--------|--|
| | | | 1 OKG Academy | 2 | 3 | 4 Independence Day |
| | | | Summer Workouts & Practice M-Th 3-630 PM | | | |
| | | | 7 on 7 & Line Competition Oak Hills, Corona Palm Springs | | | |
| 5 | 6 | 7 | 8 OKG Academy | 9 | 10 | 11 |
| | Summer Workouts & Practice M-Th 3-630 PM | | | | | |
| | | | 7 on 7 & Line Competition Ayala, Palm Springs | | | |
| 12 | 13 | 14 | 15 OKG Academy | 16 | 17 | 18 |
| | Summer Workouts & Practice M-Th 3-630 PM | | | | | Redondo Union 7 on 7 Tournament Line Competition |
| | | | 7 on 7 & Line Competition Silverado | | | |
| 19 | 20 | 21 | 22 OKG Academy | 23 | 24 | 25 |
| | Summer Workouts & Practice M-Th 3-630 PM | | | | | |
| | | | 7 on 7 & Line Competition Burroughs | | | |
| | Strength Testing | | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | Notes | | | | |

AUG 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|----------------------|------------------------------------|--|---|--|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 First Day Fall Practice | 7 Practice | 8 Saturday Practice & Pics Morning Practice Freshman Pics Noon JV/Var Pics 1PM |
| 9 | 10 Lift Practice Poster Fundraiser | 11 Night Practice | 12 OKG Academy Lift Practice | 13 Practice | 14 Intersquad Scrimmage Lift Mustang Family Kick Off BBQ Lockdown Meeting | 15 Lift Saturday Practice 8 AM - 11 AM |
| 16 | 17 Lift Practice | 18 Night Practice | 19 OKG Academy Lift Practice | 20 Practice | 21 Scrimmage at Chino Hills | 22 Lift Saturday Practice 8 AM - 11 AM |
| 23 | 24 Lift Practice | 25 Night Practice | 26 OKG Academy Lift Practice | 27 Study Hall Lower Level Game Var Practice | 28 Week 0 at Citrus Hill | 29 Saturday Workout & Film |
| 30 | 31 | Notes | | | | |

SEPT 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|-----------------------------|--|---|-------------------------------------|--------------------------------------|
| | | 1 Night Practice | 2 OKG Academy Lift Practice | 3 Study Hall Lower Level Game Var Practice | 4 Week 1 at Murrieta Mesa | 5 Saturday Workout & Film |
| 6 | 7 Labor Day Labor Day Practice | 8 Night Practice | 9 OKG Academy Lift Practice | 10 Study Hall Lower Level Game Var Practice | 11 Week 2 vs Great Oak | 12 Saturday Workout & Film |
| 13 | 14 Lift Practice | 15 Night Practice | 16 OKG Academy Lift Practice | 17 Study Hall Lower Level Game Var Practice | 18 Week 3 vs REV | 19 Saturday Workout & Film |
| 20 | 21 Lift Practice | 22 Night Practice | 23 OKG Academy Lift Practice | 24 Study Hall Lower Level Game Var Practice | 25 Week 4 at West Valley | 26 Saturday Workout & Film |
| 27 | 28 Lift Practice | 29 Night Practice | 30 OKG Academy Lift Practice | | | |
| | | Notes | | | | |

OCT 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|-------------------|------------------------------------|---|--------------------------------|-----------------------------|
| | | | | 1 | 2 Week 5 Lift | 3 |
| 4 | 5 Lift Practice | 6 Night Practice | 7 OKG Academy Lift Practice | 8 Study Hall Lower Level Game Var Practice | 9 Week 6 vs Valley View | 10 Saturday Work.out & Film |
| 11 | 12 Columbus Day Lift Practice | 13 Night Practice | 14 OKG Academy Lift Practice | 15 Study Hall Lower Level Game Var Practice | 16 Week 7 at Canyon Springs | 17 Saturday Work.out & Film |
| 18 | 19 Lift Practice | 20 Night Practice | 21 OKG Academy Lift Practice | 22 Study Hall Lower Level Game Var Practice | 23 Week 8 vs JW North | 24 Saturday Work.out & Film |
| 25 | 26 Lift Practice | 27 Night Practice | 28 OKG Academy Lift Practice | 29 Study Hall Lower Level Game Var Practice | 30 Week 9 at Poly | 31 Saturday Work.out & Film |
| | | Notes | | | | |

Nov 2015 MUSTANGS FOOTBALL

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|----------------------------|--|--|--|-------------------------------|--------------------------------------|
| | | | | | | |
| 1 Daylight Saving | 2 Lift Practice | 3 Night Practice | 4 OKG Academy Lift Practice | 5 Study Hall Lower Level Game Var Practice | 6 Week 10 vs Arlington | 7 Saturday Workout & Film |
| 8 | 9 Lift Practice | 10 Veterans Day Night Practice | 11 OKG Academy Lift Practice | 12 Study Hall Var Practice | 13 CIF Playoffs | 14 Saturday Workout & Film |
| 15 | 16 Lift Practice | 17 Night Practice | 18 OKG Academy Lift Practice | 19 Study Hall Var Practice | 20 CIF Quarter Finals | 21 Saturday Workout & Film |
| 22 | 23 Lift Practice | 24 Night Practice | 25 OKG Academy Lift Practice | 26 Thanksgiving Var Practice | 27 CIF Semi Finals | 28 Saturday Workout & Film |
| 29 | 30 Lift | Notes | | | | |

DEC 2015 MUSTANGS FOOTBALL



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|-------------------------------|-----------------------------|--|---|---------------------------|--------------------------------------|
| | | 1 Night Practice | 2 OKG Academy Lift Practice | 3 Study Hall Var Practice | 4 CIF Championship | 5 Saturday Workout & Film |
| 6 | 7 Lift Practice | 8 Night Practice | 9 OKG Academy Lift Practice | 10 Study Hall Var Practice | 11 State Regionals | 12 Saturday Workout & Film |
| 13 | 14 Lift Practice | 15 Night Practice | 16 OKG Academy Lift Practice | 17 Study Hall Var Practice | 18 State Finals | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 Christmas Day | 26 |
| 27 | 28 | 29 | 30 | | | |
| | | Notes | | | | |