



MOANALUA FOOTBALL
MASTER SCHEDULE 2012

(SUBJECT TO CHANGE) – Revised 1/27/12

DATES	DAY	TIME	LOCATION	NOTES
OFF SEASON CONDITIONING PROGRAM = PHASE 1				
1/30– 5/18	MON	2:30 – 5:30	WT ROOM & FIELD	
	TUE	2:15 – 3:30	LIFE SKILLS COURSE	
	TUE	4:00 – 6:30	WT ROOM & FIELD	
	WED	2:30 – 5:30	WT ROOM & FIELD	
	THUR	2:45 – 3:30	STUDY HALL	
	THUR	4:00 – 6:30	WT ROOM & FIELD	
OFF SEASON SPRING FOOTBALL – OIA (TRY OUT #1) = PHASE 2				
5/28 – 6/1	M - Fri	2:30 – 3:30p	POSITION MEETINGS	
		4:00 – 6:00p	FIELD = PRACTICE	1,2,3,4,5
6/4 – 6/7	M - Thur	2:30 – 3:30p	POSITION MEETINGS	
		4:00 – 6:00p	FIELD = PRACTICE	6,7,8,9
6/8	FRI	2:30 – 3:30P	FIELD = PRACTICE	
		3:30– 5:00P	BLUE & WHITE SCRIMM	
		5:30	TEAM BBQ	
6/9-6/17	9 DAYS OFF	BREAK		
OFF SEASON SUMMER CONDITIONING PROGRAM = PHASE 3				
6/18 – 7/14	M – THU	2:30 – 4:00	FIELD / SPEED & AGILITY	
		4:00 – 6:00	WT ROOM	
7/10,11,12	TU,W,TH	3:30 – 7:00	PASSING LEAGUE GAMES	
FALL FOOTBALL CAMP – IN SEASON PROGRAM				
WEEK 1				
HELL WEEK – CONDITIONING (TRY OUT 2) WEEK 1 OF IN-SEASON SCHEDULE				
7/16 – 7/20	MON – FRI	4:00 – 6:30	TRY OUT 2 – TEAM BUILD Conditioning	
WEEK 2				
7/23	MON	4:00 – 6:30	FIELD – HELMETS	PRACTICE 1
7/24	TUE	4:00 – 6:30	FIELD – HELMETS	PRACTICE 2
7/25	WED	3:30 – 5:30	FIELD – HELMETS	PRACTICE 3
7/25	WED	6:15 – 8:00PM	Mandatory ATH DEPT PARENT MEETING	In School Gym



7/26	THUR	4:00 – 6:30	FIELD – HELMETS	PRACTICE 4
FRI 7/28 MOHS – NA MENEHUNE FALL FOOTBALL CAMP (ON CAMPUS OVERNIGHT)				
7/27	FRI	4:00 – 6:30pm	FIELD	PRACTICE 5
		7:00 – 8:30PM	DINNER	
		8:30 – 11PM	TEAM MOVIE	
		11-PM	LIGHTS OUT	
7/28	SAT	6:30 – 7:30 AM	BREAKFAST	
		9:30 – 11:30 AM	FIELD	PRACTICE 6
		12:00 – 4 PM	TEAM EVENT- BUS TO MOVIE	
		12- 3PM	MANDATORY PARENT SEMINAR	In School Library
		5:00 – 7:00 PM	FIELD	PRACTICE 7
		7:30	DINNER -FAMILY POTLUCK	
		8:30 – 10:30 PM	TEAM TALENT SHOW	
		11:00 PM	LIGHTS OUT	
7/29	SUN	6:30 – 7:00 AM	BREAKFAST	
		7:00 – 8:30 AM	TEAM FILM	
		9:00 – 11:00 AM	FIELD	PRACTICE 8
WEEK 3 – SCRIMMAGE WEEK				
7/30	MON	3:30 – 4:00	FIELD (SPECIAL TEAMS)	FULL GEAR
		4:00 – 6:30	FIELD	
7/31	TUE	3:30 – 4:00	FIELD (SPECIAL TEAMS)	
	ROSTER CUTS	4:00 – 6:30	FIELD	
8/1	WED	3:30 – 4:00	FIELD (SPECIAL TEAMS)	
		4:00 – 6:30	FIELD	
8/2	THUR	3:30 – 4:00	FIELD (SPECIAL TEAMS)	
		4:00 – 6:30	FIELD	
8/3	FRI	4PM JV	JV SCRIMM	Vs TBA
		6PM VAR	VAR SCRIMM	Vs TBA
8/4	SAT	8:00 – 10:00	JV FILM	
		10:00 – 12:30	VARSITY FILM	



WEEK 4 – PRESEASON GAME AWAY VS – MILILANI

8/6	MON	6:30a – 8:00	TEAM FILM	
		3:30 – 4:00	FIELD (SPECIAL TEAMS)	
		4:00 – 6:30	FIELD	PRACTICE 21
8/7	TUE	4:00- 5:00PM	TEAM FILM / MEETINGS	
		6:30 – 9:00PM	NIGHT PRACTICE	PRACTICE 22
8/8	WED	3:30 – 4:00	FIELD (SPECIAL TEAMS)	
		4:00 – 6:30	FIELD	PRACTICE 23
8/9	THUR	3:30 – 4:00	FIELD (SPECIAL TEAMS)	
		4:00 – 6:00	FIELD	PRACTICE 24
		6:30 – 7:45	TEAM DINNER	
8/10	FRI	JV 4PM VAR - AFTER	JV GAME – VARSITY TO FOLLOW	@ MILILANI
8/11	SAT	?	SCOUT	?
8/11	SAT	JV 8:00AM V 9:30Am	TEAM FILM	
8/12	SUN	JV 4PM	TEAM BLESSING @ MGMC	8AM





NOTE: IN ADDITION TO THIS MASTER SCHEDULE

- 1) **POSITION MEETINGS** (TO BE SCHEDULE BY EACH POSITION COACH 1 PER WEEK). TUES ARE GOOD BEFORE NIGHT PRACTICE
- 2) **MANDATORY COACH'S MEETINGS** MON, TUE, WED, 6:45 TO 7:30 PM
– SAT 12-2 PM
- 3) **MANDATORY IN-SEASON WT. TRAINING & COND** – WED 6:30 AM
- 4) **MANDATORY STUDY HALL** TUE AND THUR 2:30 PM TO 3:30 PM
- 5) **MANDATORY ACADEMIC GAME PLAN MEETINGS – TUE 4:30 -5 PM**
- 6) **LUNCH DUTY IN CAFETERIA** (TBA)
(A LUNCH CREW WILL BE PICKED BY THE COACHES)
(PLAYERS WILL EARN FREE LUNCH)
(A YEAR ROUND LUNCH CREW WILL BE PICKED ALSO)
- 7) **FUNDRAISING EVENTS (TBA)**