



UNIVERSITY OF ARIZONA

FULL YEAR LACROSSE CALENDAR

2025 - 2026

# MAY 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM					1 U OF A APPLICATION DEADLINE	2	3
FORMAL SPRING SEASON							
5:00PM	4	5	6	7	8	9	10
MCLA NATIONAL TOURNAMENT							
FORMAL SPRING SEASON							
5:06PM	11	12	13	14	15	16	17 FULL TEAM MANDATORY BANQUET WITH ALUMNI & ALL SUPPORTERS VENTANA CANYON BALLROOM.
FINALS WEEK							
5:13PM	18	19	20	21	22	23 ALL CLUB FIELD RESERVATIONS DUE	24
SUNSET TIMES: 5:20PM	25	26	27	28	29	30 LOCK SPRING GAME SCHEDULE	31

# JUNE 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM	1 SEE SUMMER WORKOUT SHEETS UPLOADED TO STACK	2 LOWER BODY LIFT WALL BALL WORKOUT  START SUMMER WORKOUTS	3 1 MILE RUN (UNDER 7 MIN.)	4 BACK/BICEPS WALL BALL WORKOUT	5 SPRINTS - 4 GASSERS IN 4 MIN.	6 CHEST/ARMS WALL BALL WORKOUT	7
5:00PM	8	9 LOWER BODY LIFT WALL BALL WORKOUT	10 1 MILE RUN (UNDER 7 MIN.)	11 BACK/BICEPS WALL BALL WORKOUT	12 SPRINTS - 4 GASSERS IN 4 MIN.	13 CHEST/ARMS WALL BALL WORKOUT	14 ADRENALINE PROSPECT DAY SAN DIEGO
5:06PM	15	16 LOWER BODY LIFT WALL BALL WORKOUT	17 1 MILE RUN (UNDER 7 MIN.)	18 BACK/BICEPS WALL BALL WORKOUT	19 SPRINTS - 4 GASSERS IN 4 MIN.	20 CHEST/ARMS WALL BALL WORKOUT	21
5:13PM	22 YOUTH CLINIC 8AM - 10AM SITTON FIELD	23 LOWER BODY LIFT WALL BALL WORKOUT	24 1 MILE RUN (UNDER 7 MIN.)	25 BACK/BICEPS WALL BALL WORKOUT	26 SPRINTS - 4 GASSERS IN 4 MIN.	27 CHEST/ARMS WALL BALL WORKOUT	28
SUNSET TIMES: 5:20PM	29	30 LOWER BODY LIFT WALL BALL WORKOUT					<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #c0c0ff; border: 1px solid black; margin-right: 5px;"></span> SITTON</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #e0b080; border: 1px solid black; margin-right: 5px;"></span> MAC INDOOR</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #cccccc; border: 1px solid black; margin-right: 5px;"></span> RINCON VISTA</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #c0ffc0; border: 1px solid black; margin-right: 5px;"></span> FRONT FOOT</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ffb0ff; border: 1px solid black; margin-right: 5px;"></span> NORTH CR</li> </ul>

# JULY 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM			1	2	3	4	5
			1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT	
5:00PM	6	7	8	9	10	11	12
		LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT	TRIBZ FRESHMAN TOURNAMENT
5:06PM	13	14	15	16	17	18	19
	TRIBZ FRESHMAN TOURNAMENT	LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT	
5:13PM	20	21	22	23	24	25	26
	YOUTH CLINIC 8AM - 10AM SITTON FIELD	LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT	BOX LEAGUE GAMES WEEKEND 1
5:20PM	27	28	29	30	31		
		LOWER BODY LIFT WALL BALL WORKOUT	CALGARY SHOWCASE  BOX PRACTICE YOUTH - MARACANA	CALGARY SHOWCASE	SPRINTS - 4 GASSERS IN 4 MIN.		

- SITTON
- MAC INDOOR
- RINCON VISTA
- FRONT FOOT
- NORTH CR

# AUGUST 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:20PM						1 CHEST/ARMS WALL BALL WORKOUT	2
7:11PM	3	4 LOWER BODY LIFT WALL BALL WORKOUT	5 1 MILE RUN (UNDER 7 MIN.)	6 BACK/BICEPS WALL BALL WORKOUT	7 SPRINTS - 4 GASSERS IN 4 MIN.	8 CHEST/ARMS WALL BALL WORKOUT	9
7:02PM	10	11 LOWER BODY LIFT WALL BALL WORKOUT	12 1 MILE RUN (UNDER 7 MIN.)	13 BACK/BICEPS WALL BALL WORKOUT	14 SPRINTS - 4 GASSERS IN 4 MIN.	15 CHEST/ARMS WALL BALL WORKOUT	16
6:52PM	17 YOUTH CLINIC 8AM - 10AM SITTON FIELD	18 LOWER BODY LIFT WALL BALL WORKOUT	19 1 MILE RUN (UNDER 7 MIN.)	20 BACK/BICEPS WALL BALL WORKOUT	21 SPRINTS - 4 GASSERS IN 4 MIN.	22	23 CLUB MEETING 2 OFFICERS REQUIRED
6:42PM	24 REC BASH	25	26	27 1ST LACROSSE MEETING MULTI-PURPOSE ROOM (REC) 7PM	28	29	30
SUNSET TIMES: 6:42PM	31	UNIV. OF ARIZONA FALL CLASSES START					

- SITTON
- MAC INDOOR
- RINCON VISTA
- FRONT FOOT
- NORTH CR

# SEPTEMBER 2025

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNSET TIMES: 6:42PM	7:20PM		1	2	3	4	5	6
	7:11PM	7	8	9	10	11	12	13
	7:02PM	14	15	16	17	18	19	20
	6:52PM	21	22	23	24	25	26	27
	28	29	30					

  

			ONLINE FINAL DUE DATE FOR TRYOUT SIGN-UP			FALL TRYOUTS 7-9PM SITTON FIELD	FALL TRYOUTS 7-9PM SITTON FIELD	
	ROSTER CUT TO 50 ANNOUNCED					RINCON VISTA FIELD PRACTICE 4:30-6:00PM	PLAYER INTERVIEWS 9AM - 5PM	PLAYER INTERVIEWS 9AM - 5PM
FINAL ROSTER OF 42 ANNOUNCED	LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON		RINCON VISTA FIELD PRACTICE 5:00-6:30PM	BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM		RINCON VISTA FIELD PRACTICE 5:00-6:30PM	RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	RED/BLUE GAME SITTON FIELD 10AM
	LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON		RINCON VISTA FIELD PRACTICE 5:00-6:30PM	BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM		RINCON VISTA FIELD PRACTICE 5:00-6:30PM	RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	

  

	LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON		RINCON VISTA FIELD PRACTICE 5:00-6:30PM					
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	LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON		RINCON VISTA FIELD PRACTICE 5:00-6:30PM					
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								<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #c0c0e0; border: 1px solid black; margin-right: 5px;"></span> SITTON</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #d2b48c; border: 1px solid black; margin-right: 5px;"></span> MAC INDOOR</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #a9a9a9; border: 1px solid black; margin-right: 5px;"></span> RINCON VISTA</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #90ee90; border: 1px solid black; margin-right: 5px;"></span> FRONT FOOT</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ff69b4; border: 1px solid black; margin-right: 5px;"></span> NORTH CR</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ffff00; border: 1px solid black; margin-right: 5px;"></span> REC. RB COURTS</li> </ul>
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# OCTOBER 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:38PM				1 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	2 RINCON VISTA FIELD PRACTICE 4:30-6:00PM	3 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	4 MCLA MEETING
	5	6 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	7 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	8 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	9 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	10 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	11 SCRIMMAGE CANCELLED
6:30PM	12 YOUTH CLINIC 8AM - 10AM SITTON FIELD	13 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	14 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	15 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	16 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	17 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	18
	19 ALUMNI GAME & AFTER PARTY O'MALLEYS ON 4TH 12pm game	20 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	21 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	22 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	23 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	24 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	25 U OF A PROSPECT CAMP 9AM - 2PM
6:21PM							
	26	27 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	28 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	29 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	30 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	31 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	
6:12PM							
SUNSET TIMES: 5:05PM							

- SITTON
- MAC INDOOR
- RINCON VISTA
- FRONT FOOT
- NORTH CR
- REC. RB COURTS

# NOVEMBER 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:01PM							1 VEGAS TOURNAMENT MCLA SAT ONLY 3 GAMES  U OF A SPRING APP DEADLINE
4:56PM	2	3 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	4 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	5 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	6 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	7 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	8
4:50PM	9 YOUTH CLINIC 8AM - 10AM SITTON FIELD	10 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	11 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	12 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	13 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	14 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	15 SCRIMMAGE TBA
4:47PM	16	17 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	18 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	19 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	20 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	21 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	22 SITTON MAC INDOOR RINCON VISTA FRONT FOOT NORTH CR REC. RB COURTS
SUNSET TIMES: 4:45PM	23	24	25 T H A N K S G I V I N G THANKSGIVING	26	27	28	29
	30						

# DECEMBER 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4:44PM		1 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	2 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	3 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	4 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	5 RECOVER DAY OPTIONAL PRACTICES: WALL BALL (REC. RACQUETBALL COURTS)	6 TEAM 480 SCRIMMAGE NOON	
4:44PM	7 YOUTH CLINIC 8AM - 10AM SITTON FIELD	8	9	10 UNIV. OF ARIZONA LAST DAY OF CLASS	11	12 UNIV. OF ARIZONA FINAL EXAMS	13	
4:45PM	14	15	16	17	18	19	20 SITTON MAC INDOOR RINCON VISTA FRONT FOOT NORTH CR	
	UNIV. OF ARIZONA FINAL EXAMS							
4:48PM	21	22	23	24	25 CHRISTMAS	26	27	
	← C H R I S T M A S B R E A K →							
SUNSET TIMES: 4:52PM	28	29	30	31				
	← C H R I S T M A S B R E A K →							

# JANUARY 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4:55PM		<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #c0c0ff; border: 1px solid black; margin-right: 5px;"></span> SITTON</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #d2b48c; border: 1px solid black; margin-right: 5px;"></span> MAC INDOOR</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #a9a9a9; border: 1px solid black; margin-right: 5px;"></span> RINCON VISTA</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #c0ffc0; border: 1px solid black; margin-right: 5px;"></span> FRONT FOOT</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ffb6c1; border: 1px solid black; margin-right: 5px;"></span> NORTH CR</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ffff00; border: 1px solid black; margin-right: 5px;"></span> TRAVEL DAY</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ff0000; border: 1px solid black; margin-right: 5px;"></span> GAME DAY/SITTON</li> </ul>			1	2	3	
5:00PM	4	5	6	7	8	9	10	
	WINTER BREAK							
5:06PM	11	12	13	14	15	16	17	
					UNIV. OF ARIZONA SPRING CLASSES START			
5:13PM	18	19	20	21	22	23	24	
	START SPRING							
	FULL TEAM MEETING 7:30-7:45PM		RINCON VISTA FIELD PRACTICE 5:00-6:30PM		RINCON VISTA FIELD PRACTICE 5:00-6:30PM		MEDIA DAY SITTON FIELD	OFF
	LIFT - FRONT FOOT 7:45-8:50PM				LIFT - FRONT FOOT 7:45-8:50PM			
SITTON FIELD PRACTICE 8:50PM - 10PM		FORMAL SPRING SEASON						
SUNSET TIMES: 5:20PM	25	26	27	28	29	30	31	
	FULL TEAM MEETING 7:30-7:45PM							
	LIFT - FRONT FOOT 7:45-8:50PM		RINCON VISTA FIELD PRACTICE 5:00-6:30PM		RINCON VISTA FIELD PRACTICE 5:00-6:30PM		RECOVERY DAY	OFF
	SITTON FIELD PRACTICE 8:50PM - 10PM				LIFT - FRONT FOOT 7:45-8:50PM			
FORMAL SPRING SEASON								

# FEBRUARY 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM	1 OFF	WM 2 FULL TEAM MEETING 7:30-7:45PM LIFT - FRONT FOOT 7:45-8:50PM SITTON FIELD PRACTICE 8:50PM - 10PM	WM 3 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	WM 4 RINCON VISTA FIELD PRACTICE 5:00-6:30PM LIFT - FRONT FOOT 7:45-8:50PM	WM 5 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	WM 6 OFF DEAN'S EXCUSES DUE	WM 7 OFF
FORMAL SPRING SEASON							
5:00PM	WM 8 OFF	9 FULL TEAM MEETING 7:30-7:45PM LIFT - FRONT FOOT 7:45-8:50PM SITTON FIELD PRACTICE 8:50PM - 10PM	10 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	11 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 8-9:00PM	12 RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	13 TRAVEL DAY VAN PICKUP AT 11AM (ELLER)	14 USC AWAY GAME 1PM
FORMAL SPRING SEASON							
5:06PM	15 SSU AWAY GAME 11AM	16 PRES. DAY - NO SCHOOL FILM STUDY 2 ROOMS O & D 8:30-9:00PM SITTON-SHOOTING/FWORK 9PM - 10PM	17 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	18 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	19 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	20 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	21 UCLA HOME GAME SITTON FIELD 1PM
FORMAL SPRING SEASON							
5:13PM	22 OFF	23 FILM STUDY 2 ROOMS O & D 8:30-9:00PM SITTON-SHOOTING/FWORK 9PM - 10PM	24 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	25 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	26 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	27 TRAVEL DAY DEPART FOR DALLAS TUC/DAL	28 SMU AWAY GAME 7:30PM (CONFIRMED)
FORMAL SPRING SEASON							
SUNSET TIMES: 5:20PM							<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #d9e1f2; border: 1px solid black; margin-right: 5px;"></span> SITTON</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #c0c0c0; border: 1px solid black; margin-right: 5px;"></span> MAC INDOOR</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #d3d3d3; border: 1px solid black; margin-right: 5px;"></span> RINCON VISTA</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #90ee90; border: 1px solid black; margin-right: 5px;"></span> FRONT FOOT</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ffb6c1; border: 1px solid black; margin-right: 5px;"></span> NORTH CR</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ffff00; border: 1px solid black; margin-right: 5px;"></span> TRAVEL DAY</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #ff0000; border: 1px solid black; margin-right: 5px;"></span> GAME DAY/SITTON</li> </ul>

# MARCH 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM	1 <b>UO</b> AWAY GAME NOON (CONFIRMED)	2 FILM STUDY 2 ROOMS O & D 8:30-9:00PM SITTON-SHOOTING/FWORK 9PM - 10PM	3 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	4 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	5 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	6 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	7 <b>SDSU</b> HOME GAME 1PM SITTON FIRST DAY OF SPRING BREAK
5:00PM	FORMAL SPRING SEASON						
5:06PM	8	9	10	11 - 13 SPRING BREAK			14
5:06PM	FORMAL SPRING SEASON						
5:13PM	15 LAST DAY OF SPRING BREAK	16 FILM STUDY FULL TEAM - 7:30 - 7:50PM LIFT - FRONT FOOT 7:50 - 8:50PM-ALL LIFT 8:45PM-10:00PM-SITTON	17 DEAN'S EXCUSES DUE RINCON VISTA FIELD PRACTICE 5:00-6:30PM ST PATRICK'S DAY	18 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 8-9PM	19 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	20 FINAL GAME PLAN 7:30-8PM	21 <b>A&amp;M</b> HOME GAME 12PM SITTON
5:13PM	FORMAL SPRING SEASON						
5:20PM	22	23 FILM STUDY FULL TEAM - 7:30 - 7:50PM LIFT - FRONT FOOT 7:50 - 8:50PM-ALL LIFT 8:45PM-10:00PM-SITTON	24 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	25 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	26 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	27 TRAVEL DAY FLIGHT FROM TUC/MSP 1:37PM - 8:59PM FLIGHTS	28 <b>FSU</b> AWAY GAME 12PM
5:20PM	FORMAL SPRING SEASON						
SUNSET TIMES: 5:20PM	29 <b>UMN</b> AWAY GAME 12PM LOCAL TIME	30 RECOVERY DAY NO PRACTICE	31 RINCON VISTA FIELD PRACTICE 5:00-6:30PM				
	FORMAL SPRING SEASON						

- SITTON
- MAC INDOOR
- RINCON VISTA
- FRONT FOOT
- NORTH CR
- TRAVEL DAY
- GAME DAY/SITTON

# APRIL 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM		<ul style="list-style-type: none"> <li>SITTON</li> <li>MAC INDOOR</li> <li>RINCON VISTA</li> <li>FRONT FOOT</li> <li>NORTH CR</li> <li>TRAVEL DAY</li> <li>GAME DAY/SITTON</li> </ul>		1 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	2 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	3 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	4 <b>CU</b> HOME GAME SITTON FIELD 11AM EASTER WEEKEND
5:00PM	5 OFF	6 FILM STUDY FULL TEAM - 7:30 - 7:50PM LIFT - FRONT FOOT 7:50 - 8:50PM-ALL LIFT 8:45PM-10:00PM-SITTON	7 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	8 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	9 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	10 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	11 <b>GCU</b> HOME GAME SITTON FIELD 1PM
FORMAL SPRING SEASON							
5:06PM	12 OFF	13 FILM STUDY FULL TEAM - 7:30 - 7:50PM LIFT - FRONT FOOT 7:50 - 8:50PM-ALL LIFT 8:45PM-10:00PM-SITTON	14 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	15 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	16 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	17 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	18 <b>ASU</b> AWAY GAME 1PM
FORMAL SPRING SEASON							
5:13PM	19 OFF	20 FILM STUDY FULL TEAM - 7:30 - 7:50PM LIFT - FRONT FOOT 7:50 - 8:50PM-ALL LIFT 8:45PM-10:00PM-SITTON	21 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	22 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	23 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	24 RINCON/SITTON 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	25 SCL PLAYOFFS ARIZONA CHRISTIAN COLLEGE (PHOENIX)
FORMAL SPRING SEASON							
SUNSET TIMES: 5:20PM	26 SCL PLAYOFFS PHOENIX	27 FILM STUDY FULL TEAM - 7:30 - 7:50PM LIFT - FRONT FOOT 7:50 - 8:50PM-ALL LIFT 8:45PM-10:00PM-SITTON	28 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	29 RINCON FIELD PRACTICE 5:00-6:30PM FULL TEAM SCOUT 7:30-8PM LIFT - FRONT FOOT 7:45-8:50PM	30 RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	31 TRAVEL TO RICHMOND, VA TBD	29 NATIONAL PLAYOFFS RICHMOND, VA