

# Hawks Athletic Sports

Winter Powder Puff Football

Spring Track & Field

Fall Cross Country

## February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 <u>West LA: Practice</u> Culver City HS 6pm to 8pm	6	7 <u>West LA: Practice</u> Culver City HS 6pm to 8pm	8	9 <u>SF Valley: Practice</u> Grant HS 9am - 11am
10 <u>Coaches Training</u> BHS 8am to 1pm	11 <u>SF Valley: Practice</u> Grant HS 6pm to 8pm	12 <u>West LA: Practice</u> Culver City HS 6pm to 8pm	13 <u>SF Valley: Practice</u> 6pm to 8pm Location: TBA	14 <u>West LA: Practice</u> Culver City HS 6pm to 8pm	15	16 <u>SF Valley: Practice</u> Grant HS 9am - 11am
17	18 <u>SF Valley: Practice</u> Grant HS 6pm to 8pm	19 <u>West LA: Practice</u> Culver City HS 6pm to 8pm	20 <u>SF Valley: Practice</u> 6pm to 8pm Location: TBA	21 <u>West LA: Practice</u> Culver City HS 6pm to 8pm	22	23 <u>HAWK EVENT:</u> Jog-a-Thon Grant HS 8am-12pm
24	25 <u>SF Valley: Practice</u> Grant HS 6pm to 8pm	26 <u>West LA: Practice</u> Culver City HS 6pm to 8pm	27 <u>SF Valley: Practice</u> 6pm to 8pm Location: TBA	28 <u>West LA: Practice</u> Culver City HS 6pm to 8pm		
<p><b>NOTE:</b> February 16th - Athletes will receive their PRACTICE T-SHIRT February 18th to 21st - Athletes will receive their RUNNING UNIFORMS</p>						

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## March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 <u>Practice Meet:</u> Location: TBA 8am-3pm USATF Price: \$5.00 ea
3	4 <u>SF Valley: Practice</u> Grant HS 6pm to 8pm	5 <u>West LA: Practice</u> CCHS or UHS 6pm to 8pm	6 <u>SF Valley: Practice</u> 6pm to 8pm Location: TBA	7 <u>West LA: Practice</u> CCHS or UHS 6pm to 8pm	8	9 <u>Practice Meet:</u> Location: TBA 8am-3pm USATF Price: \$5.00 ea
10	11 <u>SF Valley: Practice</u> Grant HS 6pm to 8pm	12 <u>West LA: Practice</u> CCHS or UHS 6pm to 8pm	13 <u>SF Valley: Practice</u> 6pm to 8pm Location: TBA	14 <u>West LA: Practice</u> CCHS or UHS 6pm to 8pm	15	16 <u>VYC Track Meet #1</u> Location: TBA 8am-2:30pm
17	18 <u>SF Valley: Practice</u> Grant HS 6pm to 8pm	19 <u>West LA: Practice</u> CCHS or UHS 6pm to 8pm	20 <u>SF Valley: Practice</u> 6pm to 8pm Location: TBA	21 <u>West LA: Practice</u> CCHS or UHS 6pm to 8pm	22	23 <u>VYC Track Meet #2</u> Location: TBA 8am-2:30pm
24	25 <u>SF Valley: Practice</u> Grant HS 6pm to 8pm	26 <u>West LA: Practice</u> CCHS or UHS 6pm to 8pm	27 <u>SF Valley: Practice</u> 6pm to 8pm Location: TBA	28 <u>West LA: Practice</u> CCHS or UHS 6pm to 8pm	29	30 <u>VYC Track Meet #3</u> Location: TBA 8am-2:30pm
31	<b>NOTE:</b> March 11th to 14th - Athletes will receive their WARM-UPS					

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## April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <a href="#">SF Valley: Practice</a> Grant HS 6pm to 8pm	<b>2</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm	<b>3</b> <a href="#">SF Valley: Practice</a> Location: TBA 6pm to 8pm	<b>4</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm	<b>5</b>	<b>6</b> <a href="#">Invitational Meet:</a> Location: TBA 8am-4pm
<b>7</b> <a href="#">Invitational Meet:</a> Location: TBA 8am-4pm	<b>8</b> No practice today!	<b>9</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm	<b>10</b> <a href="#">SF Valley: Practice</a> Location: TBA 6pm to 8pm	<b>11</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm	<b>12</b>	<b>13</b> <a href="#">VYC Track Meet #4</a> Location: TBA 8am-3pm
<b>14</b>	<b>15</b> <a href="#">SF Valley: Practice</a> Grant HS 6pm to 8pm	<b>16</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm	<b>17</b> <a href="#">SF Valley: Practice</a> Location: TBA 6pm to 8pm	<b>18</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm	<b>19</b>	<b>20</b> <a href="#">VYC Track Meet #5</a> Location: TBA 8am-3pm
<b>21</b>	<b>22</b> <a href="#">SF Valley: Practice</a> Grant HS 6pm to 8pm	<b>23</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm	<b>24</b> <a href="#">SF Valley: Practice</a> Location: TBA 6pm to 8pm	<b>25</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm	<b>26</b>	<b>27</b> <a href="#">VYC Open</a> Open Champ. Location: TBA 8am-4pm
<b>28</b>	<b>29</b> <a href="#">SF Valley: Practice</a> Grant HS 6pm to 8pm	<b>30</b> <a href="#">West LA: Practice</a> CCHS or UHS 6pm to 8pm				

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## May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <a href="#">SF Valley: Practice</a> Location: TBA 6pm to 8pm	<b>2</b> <a href="#">West LA: Practice</a> Culver City HS 6pm to 8pm	<b>3</b>	<b>4</b> <a href="#">VYC Final's</a> Final Champ. Location: TBA 8am-5pm
5	<b>6</b> <a href="#">SF Valley: Practice</a> Grant HS 6pm to 8pm	<b>7</b> <a href="#">West LA: Practice</a> University HS 6pm to 8pm	<b>8</b> <a href="#">SF Valley: Practice</a> Location: TBA 6pm to 8pm	<b>9</b> <a href="#">West LA: Practice</a> Culver City HS 6pm to 8pm	<b>10</b>	<b>11</b> <a href="#">VYC Championship</a> IEC Champ. Location: TBA 8am-5pm
12	<b>13</b>	<b>14</b> For: USATF <a href="#">West LA: Practice</a> Culver City HS 6pm to 8pm	<b>15</b>	<b>16</b> For: USATF <a href="#">West LA: Practice</a> Culver City HS 6pm to 8pm	<b>17</b>	<b>18</b> For: AAU Subbie Championship Meet 8am-3pm Location: TBA
<b>19</b> <a href="#">Hawks Banquet</a> Location: TBA 1pm to 5pm	<b>20</b>	<b>21</b> For: USATF <a href="#">West LA: Practice</a> Culver City HS 6pm to 8pm	<b>22</b>	<b>23</b> For: USATF <a href="#">West LA: Practice</a> Culver City HS 6pm to 8pm	<b>24</b>	<b>25</b> For: USATF LA Jets Invitational Meet 8am-5pm
<b>26</b>	<b>27</b>	<b>28</b> For: USATF <a href="#">West LA: Practice</a> Culver City HS 6pm to 8pm	<b>29</b>	<b>30</b> For: USATF <a href="#">West LA: Practice</a> Culver City HS 6pm to 8pm	<b>31</b>	

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## June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8 <u>For: USATF</u> Qualifying Meet TOP 30
9	10	11	12	13	14	15
16	17	18	19	20	21	22 <u>For: USATF</u> Qualifying Meet TOP 8
23	24	25	26	27	28	29
30						

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## July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 <b>Cross Country Registration Sign-Ups Today!</b>
21	22	23	24	25	26	27
28	<b>29</b> <u>For: AAU</u> JO Games	<b>30</b> <u>For: AAU</u> JO Games	<b>31</b> <u>For: AAU</u> JO Games			

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## August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>For: AAU</u> JO Games	2 <u>For: AAU</u> JO Games	3 <u>For: AAU</u> JO Games
4	5 <b>Cross Country Practice begins!</b>	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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## September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Cross Country Invitational Meet El Clariso Park
8	9	10	11	12	13	14 Cross Country Meet# 1 O'Melveny Park
15	16	17	18	19	20	21 Cross Country Meet# 2 Central Park
22	23	24	25	26	27	28 Cross Country Meet# 3 Corrangville Park
29	30					



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## October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Powder Puff FF SIGN-UPS OPEN	2	3	4	5 Cross Country Meet# 4 Pierce College
6	7	8	9	10	11	12 Hawk Parents Bye week, NO MEET!
13	14	15	16	17	18	19 Cross Country Meet# 5 La Crescenta Park
20	21	22	23	24	25	26 VYC Cross Country Championship Meet Central Park
27	28	29	30	31		

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## November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Powder Puff Flag Football Season begins!	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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## December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Powder Puff FF GAME 1
8	9	10	11	12	13	14 Powder Puff FF GAME 2
15	16	17	18	19	20	21 Powder Puff FF GAME 3
22	23	24	25	26	27	28
29	30	31				