SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NC	VEMI	BER				1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 TRYOUTS Seniors - 6:00 - 8:30pm Juniors - 6:00 - 8:30pm Sophomores - 6:00 - 8:30pm Freshmen - 4:30 - 6:00pm	18 TRYOUTS Varsity - 6:00 - 8:30pm JV - 4:30 - 6:00pm Freshmen - 4:30 - 6:00pm	19 TRYOUTS Varsity - 4:00 - 7:30pm JV - 7:00 - 8:30am Freshmen - 7:00 - 8:30am SC45 - 4:30pm - 5:15pm First Round of Cuts	20 Varsity - 4:00 - 7:30pm JV - 3:30 - 5:00pm Freshmen - 3:30 -5:00pm SC45 - 4:30pm - 5:15pm	21 Varsity - 4:00 - 7:30pm JV - 3:30 - 5:00pm Freshmen - 3:30 -5:00pm SC45 - 4:30pm - 5:15pm	22 Football Quarter Finals 1pm Varsity - 9:30am - 12:15pm JV - 5:00pm - 6:30pm Freshmen - 5:00pm - 6:30pm
23 Varsity - Media Day All Coaches Mandatory 4pm	24 Early Dismissal 12pm Varsity - 4:30 - 7:30pm JV - 2:30 - 4:30pm Freshmen - 2:30 - 4:30pm SC45 - 12:00-12:45pm	25 Early Dismissal 12pm Varsity - 4:30 - 7:30pm JV - 2:30 - 4:30pm Freshmen - 2:30 -4:30pm SC45 - 12:00-12:45pm	26 Early Dismissal 12pm Varsity 12:30/1:30pm JV 12:30/1:30pm Freshmen 2:00/2:30pm Edmonds Woodway Jamboree	27 THANKSGIVING No Practice	28 Varsity vs Emerald Ridge 5:00pm JV vs Emerald Ridge 3:30pm Frosh vs Emerald Ridge 2:00pm Varsity Shooting 12:30-1:00pm	29 Football Semifinals TBA Varsity - 10:30am - 3:00pm JV - 10:30am - 12:30pm Freshmen - 10:30am - 12:30pm SC45 - 12:00pm - 12:45pm
	Parent Meeting 5:00pm			No School	No School	Team Time Updated 11/17/25 #3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Wrestling Away	4	5 Football Championship 7pm	6 Wrestling Away
		Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity vs Timberline 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 10:30am - 3:00pm
		JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV vs Timberline 5:45pm	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV - 10:30am - 12:30pm
		Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen vs Timberline 4:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 10:30am - 12:30pm
		SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	Varsity Shooting 2:30-3:00pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 12:00pm - 12:45pm
L							Team Time
Ī	1	8	9	10 Wrestling Home	11	12	13 Wrestling Away
		Varsity - 4:00 - 7:30pm	Varsity vs Roosevelt 7:30pm	Varsity - 2:30 - 5:15pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity vs Rainier Beach 3:00pm
		JV - 3:30 - 5:00pm	JV vs Roosevelt 5:45pm	JV - 7:00 - 8:30am	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV vs Rainier Beach 1:30pm
		Freshmen - 3:30 -5:00pm	Freshmen vs Roosevelt 4:00pm	Freshmen - 7:00 - 8:30am	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Frosh vs Rainier Beach 12:00pm
		SC45 - 4:30pm - 5:15pm	Varsity Shooting 2:30-3:00pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	Varsity Shooting 10:30-11:00am
	14	15	16	17 Wrestling Away	18	19 Early Dismissal 12pm	20 Wrestling Away
	Varsity - 9:30am - Film	Varsity - 4:00 - 7:30pm	Varsity vs Blanchet 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity vs Mt. Spokane 7:30pm	Varsity - 10:30am - 3:00pm
	Varsity - 10:00am - S & C	JV - 3:30 - 5:00pm	JV vs Blanchet 5:45pm	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV vs Mercer Island 5:45pm	JV - 10:30am - 12:30pm
	Varsity - 10:45pm - Practice	Freshmen - 3:30 -5:00pm	Freshmen vs Blanchet 4:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Frosh vs Mercer Island 4:00pm	Freshmen - 10:30am - 12:30pm
		SC45 - 4:30pm - 5:15pm	Varsity Shooting 2:30-3:00pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	Varsity Shooting 12:00-12:30pm	SC45 - 12:00pm - 12:45pm
		20					Team Time
	21	22	23	24 Christmas Eve	25 Christmas	26	27
		Varsity - 11:30am - 3:00pm	Varsity - 11:30am - 3:00pm	Varsity - No Practice	Varsity - Travel to	Varsity - Torrey Pines Classic	Varsity - Torrey Pines Classic
		JV @ Auburn Tourney TBA	JV @ Auburn Tourney TBA	JV - No Practice	San Diego	Game 1 TBA	Game 2 TBA
		Frosh @ Auburn Tourney TBA	Frosh @ Auburn Tourney TBA	Freshmen - No Practice	JV - No Practice	JV - No Practice	JV - No Practice
		SC45 - 12:00pm - 12:45pm	SC45 - 12:00pm - 12:45pm		Freshmen - No Practice	Freshmen - No Practice	Freshmen - No Practice
	28	29	30	31 New Years Eve			
	Varsity - Torrey Pines Classic	Varsity - Torrey Pines Classic	Varsity - Torrey Pines Classic	Varsity - Travel to			
	No Game - Day Off	Game 3 TBA	Game 4 TBA	Seattle		CEMB	
	JV - No Practice	JV - No Practice	JV - No Practice	JV - No Practice			
	Freshmen - No Practice	Freshmen - No Practice	Freshmen - No Practice	Freshmen - No Practice			
	Team Time/Family BBQ						
							Updated 11/17/25 #3

Updated 11/17/25 #3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 New Years Day	2	3 Wrestling Away
				Varsity - 11:30am - 3:00pm	Varsity - 11:30am - 3:00pm	Varsity vs West Seattle 3:00pr
	ANUAF	2 V/		JV - 10:30am - 12:30pm	JV - 10:30am - 12:30pm	JV vs West Seattle 1:30pm
J <i>F</i>				Freshmen - 10:30am - 12:30pm	Freshmen - 10:30am - 12:30pm	Freshmen vs W. Seattle 12:00p
				SC45 - 12:00pm - 12:45pm	SC45 - 12:00pm - 12:45pm	Varsity Shooting 11:00-11:30a
						Alumni Open Gym
4	5 Winter Open House	6	7 Wrestling Away	8	9	10 Wrestling Away
	Varsity - 4:00 - 7:30pm	Varsity @ Garfield 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity @ Eastside Cath. 8:30pm	Varsity - 12:00pm - 4:30pm
	JV - 3:30 - 5:00pm	JV @ Garfield 5:45pm	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV @ Eastside Cath. 5:30pm	JV vs Lincoln 12:30pm
	Freshmen - 3:30 -5:00pm	Freshmen @ Garfield 4:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen @ Eastside C. 4:00pm	Freshmen vs Lincoln 11:00ar
	SC45 - 4:30pm - 5:15pm	Varsity Shooting 2:30-3:00pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	Varsity Shooting 2:30-3:00pm	SC45 - 1:30pm - 2:15pm
						Team Time
11	12	13	14 Wrestling Home	15	16	17 Wrestling Away
Varsity - 9:15am - Film	Varsity @ Roosevelt 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 2:30 - 5:15pm	Varsity @ Rainier Beach 7:30pm	Varsity - 4:00pm Film only	Varsity - 10:30am - 3:00pm
Varsity - 9:45am - S & C	JV @ Roosevelt 5:45pm	JV - 3:30 - 5:00pm	JV - 7:00 - 8:30am	JV @ Rainier Beach 5:45pm	JV - 3:30 - 5:00pm	JV - 10:30am - 12:30pm
Varsity - 10:30am - Practice	Frosh @ Roosevelt 4:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 7:00 - 8:30am	Frosh @ Rainier Beach 4:00pm	Freshmen - 3:30 - 5:00pm	Freshmen - 10:30am - 12:30p
CYO @ 1pm	Varsity Shooting 2:30-3:00pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC30 - 2:30pm - 3:15pm	SC45 - 12:00pm - 12:45pm
						Team Time
18	19 MLK Day - No School	20 Finals	21 Wrestling Away - Finals	22 Finals	23 No School	24 Wrestling Away
Varsity - 9:15am - Film	Varsity @ The Catholic Classic	Varsity @ Blanchet 7:30pm	Varsity - 2:30 Film only	Varsity - 4:45 - 7:30pm	Varsity @ West Seattle 8:30pm	Varsity - 10:30am - 3:00pm
Varsity - 9:45am - S & C	vs Eastside C. @ Kennedy 5pm	JV @ Blanchet 5:45pm	JV - 2:00 - 3:30pm	JV - 3:30 - 5:00pm	JV @ West Seattle 5:30pm	JV - 10:30am - 12:30pm
Varsity - 10:30am - Practice	JV - 10:30am - 12:30pm	Frosh @ Blanchet 4:00pm	Freshmen - 2:00 - 3:30pm	Freshmen - 3:30 -5:00pm	Freshmen @ W. Seattle 4:00pm	Freshmen - 10:30am - 12:30p
CYO @ 1pm	Freshmen - 10:30am - 12:30pm	Varsity Shooting 1:30-2:15pm	SC45 - 1:30pm - 2:15pm	SC45 - 1:30pm - 2:15pm	Varsity Shooting 2:30-3:00pm	SC45 - 12:00pm - 12:45pm
36	Varsity Shooting 12:30-1:00pm	1:20pm Dismissal	1:20pm Dismissal	1:20pm Dismissal		Team Time
25	26	27	28 Wrestling Away	29	30	31
	Varsity - 4:00 - 7:30pm	Varsity vs Seattle Prep 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity vs Garfield 7:30pm	Varsity Off
	JV - 3:30 - 5:00pm	JV vs Seatte Prep 5:45pm	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV vs Garfeld 5:45pm	JV - 10:30am - 12:30pm
	Freshmen - 3:30 -5:00pm	Frosh vs Seattle Prep 4:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Frosh vs Garfield 4:00pm	Freshmen - 10:30am - 12:30p
	SC45 - 4:30pm - 5:15pm	Varsity Shooting 2:30-3:00pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	Varsity Shooting 2:30-3:00pm	
					Senior Night	
						Updated 11/17/25

SC - Strength & Conditioning with Coach Paynter. All practice times include Film Sessions and SC. ALL TIMES ARE SUBJECT TO CHANGE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		2	3 Wrestling Away	4	5	6 Wrestling Away	7 Wrestling Away
		Varsity - 4:00 - 7:30pm	Varsity - 6:30 - 8:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity @ Seattle Prep 8:30pm	Varsity - 10:30am - 3:00pm
		JV - 3:30 - 5:00pm	JV vs Eastside C. 5:45pm	JV - 7:00 - 8:30am	JV - 3:30 - 5:00pm	JV @ Seattle Prep 4:00pm	
		Freshmen - 3:30 -5:00pm	Frosh vs Eastside C. 4:00pm	Freshmen - 7:00 - 8:30am	Freshmen - 3:30 -5:00pm	Freshmen @ Seattle Prep 4:00pm	
		SC45 - 4:30pm - 5:15pm	SC45 - 2:30pm - 3:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	Varsity Shooting 2:30-3:00pm	SC45 - 12:00pm - 12:45pm
						No School	Team Time
8		9	10	11	12	13	14
		Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm
		SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 12:00pm - 1:150pm
		METRO PLAYOFFS	METRO PLAYOFFS	METRO PLAYOFFS	METRO PLAYOFFS	METRO PLAYOFFS	DISTRICT PLAYOFFS
15		16 No School	17	18	19	20	21
		Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm
		SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 12:00pm - 1:150pm
┡		DISTRICT PLAYOFFS	DISTRICT PLAYOFFS	DISTRICT PLAYOFFS	DISTRICT PLAYOFFS	DISTRICT PLAYOFFS	DISTRICT PLAYOFFS
22			24	25	26		28
		Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm
		SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm REGIONAL PLAYOFFS	SC45 - 12:00pm - 1:150pm REGIONAL PLAYOFFS
						REGIONAL PERTOFFS	REGIONAL FEATOFFS
						BRUA	KY
			•				Updated 11/17/25 #3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	l .	2	3	4	5	6	7
		Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity vs TBD	Varsity vs TBD	Varsity vs TBD	Varsity vs TBD
		SC45 - 4:30pm - 5:15pm	SC45 - 4:30pm - 5:15pm				
L				STATE TOURNAMENT	STATE TOURNAMENT	STATE TOURNAMENT	STATE TOURNAMENT
8	3	9	10	11	12	13	14
1	15	16	17	18	19	20	21
-							
2	22	23	24	25	26	27	28
-	-						
2	29	30	31				
					MAF		
L							Updated 11/17/25 #3

Updated 11/17/25 #3