



Junior Redhawks Football 2016 Schedule

Regular Season | Playoffs | Equipment Distribution | Tryouts | Practices

Regular Season Games – Wednesday, September 21 to Friday, October 28*



Wednesday, September 21, 7:00 to 9:00 p.m., Hellard Field, Shouldice Athletic Park
Lord Beaverbrook vs WESTERN CANADA



Wednesday, September 28, 4:30 to 6:30 p.m., Main Field, Ernest Manning High School
St. Mary's vs WESTERN CANADA



Tuesday, October 4, 4:30 to 6:30 p.m., Stampeder Field, Shouldice Athletic Park
McNally-Lacombe vs WESTERN CANADA



Tuesday, October 18, 4:30 to 6:30 p.m., Stampeder Field, Shouldice Athletic Park
Scarlett-Central vs WESTERN CANADA



Monday, October 24, 6:30 to 8:30 p.m., Stampeder Field, Shouldice Athletic Park
Crescent Heights vs WESTERN CANADA



Friday, October 28, 7:00 to 9:00 p.m., Hellard Field, Shouldice Athletic Park
WESTERN CANADA vs John G. Diefenbaker

Playoff Games – Thursday, November 3 to Friday, November 18*



Junior Division II Quarter Finals, Thursday and Friday, November 3 and 4
(top eight finishers in regular season progress to playoffs – seedings, times and fields to be determined)



Junior Division II Semi-Finals, Thursday, November 10
(top four finishers in quarter finals progress to semi-finals – seedings, times and fields to be determined)



Junior Division II City Championships, Friday, November 18
(Making it to the finals is our number two objective. Earning the championship is our ultimate goal!)

* All game dates, times and locations subject to change. Further playoff particulars to be announced when determined. See calgaryhighschoolsports.ca for updates and information regarding gate admission rates, links to relevant maps, etc.

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Equipment Distribution / Tryouts – Wednesday, August 31 to Friday, September 9*

The following is the schedule for equipment distribution and tryouts during the three weekdays before school officially begins. The start times are when you are expected to be ready to go at the appointed location. Plan your preparation/dressing time accordingly. Please do not snack on junk food, pop, sugary drinks, etc. between sessions, and please eat a nutritionally sound, carbohydrate-rich lunch after the *Agility/Conditioning* session. For liability reasons, only school-issued equipment is permitted. If you cannot attend a session, please inform Coach Phillips (and state your legitimate reason) via email: gcphillips@cbe.ab.ca. Thank you.



Wednesday, August 31 • Thursday, September 1 • Friday, September 2

(same schedule for each day)

- 9:30 to 10:30 a.m. Auxiliary Gym (athletic shorts and t-shirt) – *Stretching and Yoga***
- 11:00 to 12:00 p.m. Main Field (athletic shorts, t-shirt and cleats) – *Agility/Conditioning***
- 12:30 to 3:30 p.m. Equipment Room (next to locker room) – *Equipment Distribution***
- 4:00 to 6:00 p.m. Main Field (full equipment, practice jersey and cleats) – *Tryout***

The following is the schedule for equipment distribution and tryouts for the first week of school. Please eat a nutritionally sound, carbohydrate-rich lunch. If you cannot attend a session, please inform Coach Phillips (and state your legitimate reason) via email: gcphillips@cbe.ab.ca. Thank you.



Tuesday, September 6 • Wednesday, September 7 • Thursday, September 8

(same schedule for each day – no tryout on Labour Day, Monday, September 5)

- 3:30 to 4:30 p.m. Equipment Room (next to locker room) – *Equipment Distribution***
- 4:00 to 6:00 p.m. Main Field (full equipment, practice jersey and cleats) – *Tryout***



Friday, September 9

(note the time changes)

- 1:30 to 2:30 p.m. Equipment Room (next to locker room) – *Equipment Distribution***
- 2:00 to 4:00 p.m. Main Field (full equipment, practice jersey and cleats) – *Tryout***

Practices – Monday, September 12 onward



Mondays, Tuesdays, Wednesdays and Thursdays (except game days), 4:00 to 6:00 p.m.

Every Friday, 2:00 to 4:00 p.m. • No practices on Saturdays, Sundays and Thanksgiving Day

Practices are held on WCHS's Main Field, rain or shine, snow or shine. Dress accordingly. Exceptions to the outside practice rule are when lightning threatens, during times of extreme cold (minus 20° C or colder) or during blizzard conditions. If you cannot attend practice, please inform Coach Phillips (and state your legitimate reason) via email: gcphillips@cbe.ab.ca. Thank you.

* After the tryout of Friday, September 9, coaches will decide which players have made the team. If necessary, a second round of tryouts/cuts will occur during the second week of school (Monday, September 12 to Friday, September 16).