

# EAST RUGBY - FIRST HALF

Bring mouthguard, layers of clothes, running shoes AND rugby boots/ soccer shoes

When bad weather- if team not on field-report to lunchroom w/ running shoes

Bill Baer, Head coach 303-601-4368 billbaer@centurylink.net www.eastrugby.com

Saturday JANUARY

13 1st training 11-2:30

East H.S. turf field  
IF bad weather always meet  
in East H.S. lunchroom, if  
bad weather- verify time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 No Rugby training	15 MLK DAY No Training community service project 10:30 park.lot	16 Rm. 240 6-8:15 p.m. weight training yoga, running	17 Training East turf Field 6:30-8:45 pm	18 Train. on turf 6:30-8:45 p.m.	19 No Rugby training	20 "Think Tank" breakfast & meeting 9-11 Montview Church training 11:30-2:30 East
21 No Rugby training	22 Training 6:30-8:45 pm East H.S. turf	23 Rm. 240 6-8:15 p.m. weight training yoga, running	24 Training East turf Field 6:30-8:45 pm	25 Train. on turf 6:30-8:45 p.m.	26 No Rugby training	27 Training 11-2:30 East H.S. turf field
28 No Rugby training	29 Training 6:30-8:45 pm East H.S. turf	30 College Night 6-7 pm fitness 7-8:15 p.m. room #240	31 Training East turf Field 6:30-8:45 pm	FEB. 1 Train. on turf 6:30-8:45 p.m.	2 No training 6 p.m. team dinner East H.S. lunchroom	3 Red/White Scrimmage 11:00-11:30 laws clinic 11:30-noon warm up noon-red/white scrimmage A,B,8/F/S - East h.s. turf
4 No Rugby training	5 Training 6:30-8:45 pm East H.S. turf	6 Rm. 240 6-8:15 p.m. weight training yoga, running	7 Training East turf Field 6:30-8:45 pm	8 Train. on turf 6:30-8:45 p.m.	9 No training Rugby 101 for parents 7:30 p.m. Glendale	10 East Invitational East A, B, 8/f/s vs. Northside & Legend Titans East turf-11:00 warmup noon k.o. done at 3:30 pizza after-all 3 teams
11 No Rugby training	12 Training 6:30-8:45 pm East H.S. turf	13 Rm. 240 6-8:15 p.m. weight training yoga, running	14 Training East turf Field 6:30-8:45 pm	15 Train. on turf 6:30-8:45 p.m.	16 No Rugby training	17 Pancake Breakfast in A.M.  noon- 2:30 training East H.S. turf field
18 No Rugby training	19 Presidents Day Training 6:30-8:45 pm East H.S. turf	20 Rm. 240 6-8:15 p.m. weight training yoga, running	21 Train. on turf 6:30-8:45 p.m. share w/ B Lax 6:30-7:30	22 Train. on turf 6:30-8:45 p.m. share w/ G Lax 6:30-7:30	23 No Rugby training	24 East A & B vs Dakota Ridge noon at Dakota Ridge HS
25 No Rugby training	26 Training on turf 7:00-9:15 pm NOTE TIME CHANGE	27 Rm. 240 6-8:15 p.m. weight training yoga, running	28 East/Regis Rugby Boot Bowl A & B 6 pm k.o. at Regis	MARCH 1 Training on turf 7:00-9:15 pm	2 No Rugby training	3 Training 11-2:30 East H.S. turf field
4 No Rugby training	5 Training 7:15 p.m. on grass 7:30-9:30 turf NOTE TIME CHANGE	6 Rm. 240 6-8:15 p.m. weight training yoga, running	7 Training 7:15 p.m. on grass 7:30-9:30 turf	8 Training on turf 7:00-9:15 pm	9 No Rugby training	10 East A & B vs Aurora Time TBD Location TBD
11 No Rugby training Daylight Savings	12 jrs. & seniors 7:15 on grass 7:30-9:30 turf 8/F/S festival	13 Rm. 240 6-8:15 p.m. weight training yoga, running & fitness	14 Training on turf 5:30- 7:45 pm	15 Training on turf 7:00-9:15 pm	16 No Rugby training 6 p.m. team dinner East H.S. lunchroom	17 East A & B vs Colo. Springs Grizzlies noon k.o. East H.S. Turf field TOUR DEADLINE
18 No training	19 jrs. & seniors 7:15 on grass 7:30-9:30 turf 8/F/S festival	20 Rm. 240 6-8:15 p.m. weight training yoga, running	21 East A & B vs. Monarch 7:00 p.m. East H.S. turf	22 No training Tour Fundraiser & auction- for adults	23 No Rugby training	DPS SPRING BREAK March 24-April 1 No formal rugby practices Fitness on Own.

TOUR TO TULSA OK. - Fri. April 6- Monday April 8

Students will miss school Friday and Monday. We will play  
A, B, C ( 8th graders allowed) on Sat. and Sunday. Tour papers  
deadline is March 17, must submit forms, including scholarship players.

Touch Rugby March 24 &  
March 31 on turf  
noon-2:30