

# AUGUST 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
	It is very important to be conditioning, stretching, and hydrating before season starts. It is never too late to start!!	Condition & stretch on own	Condition & stretch on own	Condition & stretch on own Physicals DUE to HS Athletic Dept.	Condition & stretch on own	REST
6	7	8	9	10	11	12
REST	<b>IMPACT TESTING @ HS 10:00 AM</b>	Condition & stretch on own	Condition & stretch on own		Condition & stretch on own	REST
13	14	15	16	17	18	19
REST	Practice 8:30-11:30	P 8:30-11:30	P 8:30-11:30	P 8:30-11:30	P 8:30-11:30	REST
20	21	22	23	24	25	26
REST	<b>PIC DAY 8:30 am @ HS</b> *girls will run down to field for practice until 12:00	P 8:30-11:30 <b>**Mandatory meet the Coaches/ Family night @ MS 6:30</b>	P 8:30-11:30	P 8:30-11:30	<b>Scrimmage @ Northampton 10:00 AM</b>	REST
27	28	29	30	31	1	2
REST	First day of school P 2:30-4:30	<b>Scrimmage Easton Home @ 4:00</b>	P 2:30-4:30	P 2:30-4:30 Slater Fest @ Bangor Park 7:00 *Meet at 6:45	<b>Coach Dickey 610-428-6180</b>	<b>Coach CuvIELLO 484-707-3198</b>