



St. Thomas Aquinas Summer Soccer - 2018

Coach Marquis : pmarquis@stalux.org



JUNE

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
17 In the week 3 miles 10 push-ups & 20 sit-ups/day	18	19	20	21	22	23
24 In the week 5 miles 20 push-ups & 30 sit-ups/day	"Kick Off" 25 Morocco v Spain & Iran v Portugal 2:00 Kick around - Practice - after game till 5:00 pm	26	27	28 "Seniors" practice 8-9:30 am	29	30

JULY

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 In the week 5 miles 40 push-ups & 50 sit-ups/day	2	3	4	5 Kick around - Practice 6-7:30 pm	6	7
8 In the week 7 miles 40 push-ups & 50 sit-ups/day	9 "Seniors" practice 8-9:30 am	10	11 @ York (ME) 5:15-7:00 (Bog Rd. Fields)	12	13	14

15 In the week 7 miles 40 push-ups & 50 sit-ups/day	16 "Seniors" practice 8-9:30 am	17	18 vs. Traip 6:00 pm start (STA)	19	20	21
22 In the week 8 miles 40 push-ups & 50 sit-ups/day	23	24	25	26 Soccer @ Winnacunnet 6:00 pm start	27	28

AUGUST

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
July 29 In the week 8 miles 50 push-ups & 50 sit-ups/day	July 30 Week TBA...	July 31	August 1	2	3	4
5 In the week 10 miles 50 push-ups & 50 sit-ups/day	6 Kick around - Practice 6-7:30 pm	7	8 Soccer vs. Winnacunnet 6:30 pm start (STA)	9	10 Kick around - Practice 6-7:30 pm	11
12 Let's Get Ready to Go... TOMORROW WE START !!	13 <u>Practice Starts</u> 7:30-9:00 am 4:00-6:00 pm	14 7:30-9:00 am 4:00-6:00 pm	15 7:30-10:00 am	16 7:30-9:00 am 4:00-6:00 pm	17 7:30-10:00 am	18 Jamboree Day... @ Oyster River TBA
19	20	21	22 TBA (exhibition) JV & V	23	24 Opening Game... vs Prospect Mnt. 4:00 pm	25

2018 GAME SCHEDULE

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Time</u>
<u>Preseason</u>			
Saturday	8/18	@ Oyster River jamboree (TBA)	
Tuesday	8/21	TBA	
or	M 8/20 & W 8/22		
<u>Regular Season</u>			
Friday	8/24	Prospect Mountain	4:00 pm
Monday	8/27	@ Derryfield	4:30 pm
Friday	8/31	Hillsboro-Deering	4:00 pm
Tuesday	9/4	@ Raymond	4:00 pm
Friday	9/7	@ Laconia	4:00 pm
Friday	9/14	@ Prospect Mountain	4:00 pm
Tuesday	9/18	Conant	4:00 pm
Friday	9/21	@ Somersworth	4:00 pm
Tuesday	9/25	@ Trinity	4:00 pm
Friday	9/28	Derryfield	4:00 pm
Tuesday	10/2	Campbell	4:00 pm
Friday	10/5	@ Belmont	4:00 pm
Tuesday	10/9	Raymond	4:00 pm
Friday	10/12	Somersworth	4:00 pm
Tuesday	10/16	Bishop Brady	4:00 pm
Friday	10/19	@ Campbell	4:00 pm