June 2019

0#	Off				
30	23	16	9	22	
	Conditionii 9-10:30am	Conditionii 9-10:30am			
	Conditioning 9-10:30am	Conditioning 9-10:30am			wondy
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	24 1	17 1	10	ω	
	Yoga 10:30-11:30am	Yoga 10:30-11:30am			
	1:30am	1:30am			ideady
	25		=		
		18 Tro 6:3		4	
	Training on Turf 6:30-8pm	Training on Turf 6:30-8pm	Last Day of School		3
	on Turf	on Turf	of Sch		wednesday
	26	19	12	Cri	
	Train 6:30-	Train 6:30-			
	Training on Turf 6:30-8pm	Training on Turf 6:30-8pm			inuisaay
	Turf	Turf			saay
	27	20	٦ 3	٥	
	Conditioning 9-10:30am	Conditioning 9-10:30am			
	tioning Oam	Hioning Oam			Hiday
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	28	21	4	7	
	9	Off			
					Saturday
	**				ду
	29	22	15	00	- 1

TRYOUTS HIT*** RUN WITH THEM. YOU WILL MEET OUTSIDE THE MIDDLE SCHOOL AT 9AM, UNLESS OTHERWISE NOTED BY THEIR ***WE WILL TEAM UP WITH THE CROSS COUNTRY TEAM. ALL CONDITIONING SESSIONS THIS SUMMER WILL BE COACHES. THIS IS AN AWESOME OPPORTUNITY FOR OUR ATHLETES TO BE IN TOP PHYSICAL SHAPE ONCE

July 2019

Off	Off	O#	Off	
28	21	14	7	Sunday
29 Conditioning 9-10:30am	WMU Team Camp	Conditioning 9-10:30am	8 Training on Turf 9-10:30am Kids Camp 5:30-7:30pm	Monday 1 Dead Week
30 Yoga 10:30-11:30am Training on Turf 6:30-8pm	23 WMU Team Camp	16 Yoga 10:30-11:30am	9 Yoga 10:30-11:30am Kids Camp 5:30-7:30pm	Tuesday 2 Dead Week
31 Training on Turf 6:30-8pm	24 WMU Team Camp	17 Training on Turf 6:30-8pm	10 Kids Camp 5:30-7:30pm	Wednesday 3 Dead Week
	25 WMU Team Camp	18 Training on Turf 6:30-8pm	11 Kids Camp 5:30-7:30pm	Thursday 4 Dead Week
	Off 26	19 Conditioning 9-10:30am	Conditioning 9-10:30am	Friday 5 Dead Week
	Off 27	Off 20	Off	Saturday 6 Dead Week

***THERE WILL BE NOTHING HELD BY COACHES DURING DEAD WEEK ***

Kids Camp

Summer camp held by both boys and girls programs. We will need all athletes that are in town at this camp. Players will be expected to be there from 5-8pm. We will still hold our usual conditioning/yoga

sessions during this week.

WMU Team Camp

Held at WMU Seeyle Center/Waldo Stadium. It is an optional camp but highly recommended.

August 2019

	No Training – Labor Day Break	Fort Custer: All day	V: 5:00-6:30pm JV: 3:30-5:00pm	V/JV: 9-10am Yoga Game @ Coldwater	V/JV: 9-10am Yoga Game @ Paw Paw	
Both Teams Participate		JV: 3:30-5:00pm	Alumni Game 6:30pm	27	22	25
2 Tournament @ GRC: Game vs GRC Game vs Holland	23 V: 8:30-10:00am JV: 8:30-10:00am	22 Behnke Day V and JV: 7:00-10:00am V: 12:00-4:00pm	21 V: 8:30-10:00am JV: 8:30-10:00am	20 V: 10:00-11:30am 6:00-7:30pm JV: 5:00-6:30pm	19 V/JV: 9-10am Yoga Game vs EGR	<u>-</u> 8
@ Portage Soccer Complex Both Teams Participate	JV: 8:30-10:00am	- Both Teams Participate	JV: 8:30-10:00am 6:00-8:00pm	8:30-11am V: 6:00-8:00pm JV: 6:00-8:00pm	8:30-10:30am & 6:00-8:00pm	
-	7. 10.00-11-30cm	Scrimmages @F Lancing	V: 6:00-8:00pm	Tryouts 13	Tryouts 12	Dead Week
Dead Week	Dead Week	Dead Week 8	Dead Week	6 Yoga 10:30-11:30am	Dead Week	Off 4
0	Conditioning 9-10:30am	Training on Turf 6:30-8pm				
	Friday	Thursday	Wednesday	luesday	monday	sunday

^{***} All practice times after tryouts are subject to change!! We will get you an updated August practice schedule when it gets closer to that time. ***