

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	Last Day of School	12	13	14
16	17	18	19	20	21	22
Conditioning 9-10:30am	Yoga 10:30-11:30am	Training on Turf 6:30-8pm	Training on Turf 6:30-8pm	Conditioning 9-10:30am	Off	
23	24	25	26	27	28	29
Conditioning 9-10:30am	Yoga 10:30-11:30am	Training on Turf 6:30-8pm	Training on Turf 6:30-8pm	Conditioning 9-10:30am	Off	
30						
Off						

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



# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Training on Turf 6:30-8pm	2 Conditioning 9-10:30am	3 Off
4 Off	5 Dead Week	6 Yoga 10:30-11:30am	7 Dead Week	8 Dead Week	9 Dead Week	10 Dead Week
11 Dead Week	12 Tryouts 8:30-10:30am & 6:00-8:00pm	13 Tryouts 8:30-11am	14 V: 6:00-8:00pm JV: 8:30-10:00am 6:00-8:00pm	15 Scrimmages @ E. Lansing - Both Teams Participate	16 V: 10:00-11:30am JV: 8:30-10:00am	17 Justin Bailey Tourney @ Portage Soccer Complex  Both Teams Participate
18	19 V/JV: 9-10am Yoga  Game vs EGR	20 V: 10:00-11:30am 6:00-7:30pm JV: 5:00--6:30pm	21 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 JV: 3:30-5:00pm	23 V: 8:30-10:00am JV: 8:30-10:00am	24 Tournament @ GRC: Game vs GRC Game vs Holland  Both Teams Participate
25	26 V/JV: 9-10am Yoga  Game @ Paw Paw	27 V/JV: 9-10am Yoga	28 V: 5:00-6:30pm JV: 3:30-5:00pm	29 Fort Custer: All day	30 No Training - Labor Day Break	31

\*\*\*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. \*\*\*