

February 2016						
◀ January 2016						
March 2016 ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Lifting & Skill Work 4:30-6:30pm Meet at Weight Room Pick up at Stadium	2	3 Small Sided & Skill Work 4:30-6:00pm Meet at Stadium Pick up at Stadium	4 Lifting & Conditioning 6:30am Weight Room	5	6
7	8 Lifting & Skill Training 4:30-6:30pm Meet at Weight Room Pick up at Stadium	9	10 Small Sided & Skill Work 4:30-6:00pm Meet at Stadium Pick up at Stadium	11 Tryout Meeting 8:00am Meet in Library	12	13
14	15 <u>No School</u>	16 Pre-Tryout Conditioning 4:30-5:30 Meet at Locker Room	17 Pre-Tryout Conditioning 4:30-5:30 Meet at Locker Room	18 Pre-Tryout Conditioning 4:30-5:30 Meet at Locker Room	19 Pre-Tryout Conditioning 4:30-5:30 Meet at Locker Room	20
21	22 TRYOUTS TIME & LOCATION TBA	23 TRYOUTS TIME & LOCATION TBA	24 TRYOUTS TIME & LOCATION TBA	25 TRYOUTS / PRACTICE TIME & LOCATION TBA	26 PRACTICE TIME & LOCATION TBA	27
28	29 PRACTICE TIME & LOCATION TBA	Notes: The week before tryouts we will have pre-season conditioning every day. Bring cleats and tennis shoes. ***ALL ATHLETIC PAPERWORK MUST BE TURNED IN BEFORE YOU CAN TRYOUT***				