

2016-2017 Lady Rams Days

Off-Season Lady Rams Soccer Team Practice

All Days, Times, and Locations are subject to change. Ten (10) sessions = 2pts for each session.

- **Lady Rams Day #11: Monday, November 28th.**
 - All athletes **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #12: Wednesday, November 30th.**
 - All athletes **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #13: Friday, December 2nd.**
 - All Players **700a – 815a**
 - Location: **Stadium Turf**
- **Lady Rams Day #14: Monday, December 5th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #15: Wednesday, December 7th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #16: Friday, December 9th.**
 - All Players **700a – 815a**
 - Location: **Stadium Turf**
- **Lady Rams Day #17: Monday, December 12th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #18: Wednesday, December 14th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #19: Friday, December 16th.**
 - All Players **700a – 815a**
 - Location: **Stadium Turf**
- **Lady Rams Day #20; Monday, December 19th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf