

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 #21: Wednesday, January 4th.**
 - All athletes **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #22: Friday, January 6th.**
 - All athletes **700a – 815a**
 - Location: **Stadium Turf**
- **Lady Rams Day #23: Monday, January 9th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #24: Wednesday, January 11th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #25: Friday, January 13th.**
 - All Players **700a – 815a**
 - Location: **Stadium Turf**
- **Lady Rams Day #26: Wednesday, January 18th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #27: Friday, January 20th**
 - All Players **645a – 815a**
 - Location: **Stadium Turf**
- **Lady Rams Day #28: Monday, January 23rd**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #29: Wednesday, January 25th.**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #30; Friday, January 30th**
 - All Players **800a – 830a**
 - Location: Auditorium