

2018-2019 Lady Rams Days

Off-Season Lady Rams Soccer Team Practice

All Days, Times, and Locations are subject to change.

- **Lady Rams Day #1: Monday, October 1st**
 - All athletes **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #2: Wednesday, October 3rd**
 - All athletes **645a – 815a**
 - Location: Weight Room and Turf
- **Lady Rams Day #3: Friday, October 5th**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #4: Wednesday, October 10th**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #5: Friday, October 12th**
 - All Players **645a – 815a**
 - Location: Weight Room and Turf
- **Lady Rams Day #6: Monday, October 15th**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #7: Wednesday, October 15th**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf
- **Lady Rams Day #8: Friday, October 17th**
 - All Players **645a – 815a**
 - Location: Weight Room and Turf
- **Lady Rams Day #9: Monday, October 19th**
 - All Players **645a – 815a**
 - Location: Weight Room and Turf
- **Lady Rams Day #10; Wednesday, October 22nd**
 - All Players **645a – 800a**
 - Location: Weight Room and Turf