

# August

All sessions are planned to be at the High School. Please check the website often for possible site changes.

Conditioning 3 – 4 miles per day, every day without a regular conditioning practice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  Conditioning Practice Fields 10:00 – 11:00 AM	2  Conditioning Indoor Track 10:00 – 11:00 AM	3  Conditioning Practice Fields 10:00 – 11:00 AM	4  Conditioning Indoor Track 10:00 – 11:00 AM	5  Conditioning Practice Fields 10:00 – 11:00 AM	6
7	8  Conditioning Practice Fields 10:00 – 11:00 AM	19  Conditioning Indoor Track 10:00 – 11:00 AM	<b>10</b>  <b>TRYOUTS BEGIN!</b>  See website for schedule.	<b>11</b>	<b>12</b>	<b>13</b>
<p><b><u>Remember:</u> All players must have a valid physical with all signatures. Physicals are only good for one school year, so if your physical was used last school year it is NOT considered valid. If you had a physical for band camp you must retrieve it from Mr. L and turn it in to either the athletic office or a soccer coach.</b></p>						