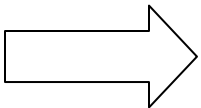


AUGUST

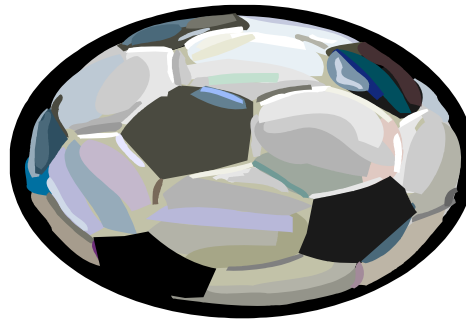
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8 PHYSICALS ARE DUE TO ATHLETIC OFFICE	9
10	11 U.K. Elite Camp 5:00p.m.-8:00p.m. Game Field	12 U.K. Elite Camp 5:00p.m.-8:00p.m. Game Field	13 U.K. Elite Camp 5:00p.m.-8:00p.m. Game Field	14 U.K. Elite Camp 5:00p.m.-8:00p.m. Game Field	15 U.K. Elite Camp 5:00p.m.-8:00p.m. Game Field	16
17	18 Practice 8:00a.m-10:00a.m.	19	20 Practice 8:00a.m-10:00a.m.	21	22 Practice 8:00a.m-10:00a.m.	23
24 PRIDE WEEK STARTS 	25 Practice 8:00a.m.- 11:00a.m. MEET ON TRACK	26 Practice 8:00a.m.- 11:00a.m. (Middle School)	27 Practice 8:00a.m.- 11:00a.m. (Game Field)	28 Practice 1 st Session 8-11 2 nd Session 12-2 (Middle School)	29 Practice 8:00a.m.- 11:00a.m. (Game Field)	30 Practice 8:00a.m.- 11:00a.m. (Middle School)
31 OFF						

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OFF	2 PRACTICE 2:30-4:30p.m.	3 SCRIMMAGE HOME AGAINST DOVER	4 PRACTICE 2:45-4:45p.m.	5 SCRIMMAGE AWAY AGAINST BUTLER	6 Practice 8:00a.m.-10:00a.m.
7 OFF	8 PRACTICE 2:45-4:45p.m.	9 SCRIMMAGE HOME AGAINST PARSIPPANY	10 PRACTICE 2:45-4:45p.m.	11 PRACTICE 2:45-4:45p.m.	12 PRACTICE 2:45-4:45p.m.	13 SEASON OPENER!!!! 😊

***To receive the rest of the game schedule for the season, please refer to highschoolsports.net.**

***Once the school year begins, MANDATORY practice will be every day after school unless there is a game. Also, there will be MANDATORY conditioning practices on Saturdays unless there is a game.**



IMPORTANT THINGS TO REMEMBER

- ⚽ Never, Ever be late to practice.
- ⚽ You must have your NEW physical (NO UPDATE) to Athletics by August 8th. You may not attend any coaches' practices without it. You will be sent home if you are not on my OK-to-Play list.
- ⚽ If practice starts at 8, you make sure to be there by 7:45 to dress and stretch.
- ⚽ Always bring your own water supply.
- ⚽ Bring healthy foods to eat (*Twinkies* will not give you the energy you will need).
- ⚽ Always pack your soccer bag the night before making sure you have shin guards, extra socks, sneakers, cleats, your uniforms, and any extra clothing you might need. Rain gear is helpful too.
- ⚽ Don't ever think practice is cancelled because of rain. We practice rain or shine unless told otherwise.
- ⚽ All practices are mandatory.
- ⚽ You **MUST** ride the bus home with the team from all away games. We come as a team; we leave as a team.
- ⚽ Communicate effectively with all coaches and teammates. If you have any concerns, see one of the coaches or a captain immediately.
- ⚽ Be a team player that contributes **POSITIVELY** to the team every day.

“Life is Simple. Eat. Sleep. Play Soccer.”