

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Technique 1 Level 1-A Scrimmage 7 pm Day 1	4 Technique 2 Level 1-B	5 Technique 1 Level 1-C	6 Technique 2 Level 1-D Scrimmage 7 pm Day 2	7 Cardio Circuit 1	8
9	10 Technique 1 Level 1-A Scrimmage 7 pm Day 3	11 Technique 2 Level 1-B	12 Technique 1 Level 1-C	13 Technique 2 Level 1-D Scrimmage 7 pm Day 4	14 Cardio Circuit 1	15
16	17 Technique 1 Level 1-A Scrimmage 7 pm Day 5	18 Technique 2 Level 1-B	19 Technique 1 Level 1-C	20 Technique 2 Level 1-D Scrimmage 7 pm Day 6	21 Cardio Circuit 1	22
23	24 Technique 1 Level 1-A	25 Technique 2 Level 1-B	26 Technique 1 Level 1-C Scrimmage 7 pm Day 7	27 Technique 2 Level 1-D	28 Cardio Circuit 1	29
30	Weight Room with Coach Barrow 7 am if taking summer school Tuesday-Thursday 8 am if not taking summer school Tuesday-Thursday					

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Dead Week Technique 1 Level 1-A	2 Technique 2 Level 1-B	3 Technique 1 Level 1-C	4 Technique 2 Level 1-D	5 Cardio Circuit 1	6
7	8 Technique 1 Level 2-A Scrimmage 7 pm Day 8	9 Technique 2 Level 2-B	10 Technique 1 Level 2-C	11 Technique 2 Level 2-D Scrimmage 7 pm Day 9	12 Cardio Circuit 2	13
14	15 Youth Soccer Camp Day 10 Technique 1 Level 2-A Scrimmage 7 pm Day 11	16 Technique 2 Level 2-B	17 Technique 1 Level 2-C Day 12	18 Technique 2 Level 2-D Scrimmage 7 pm Day 13	19 Cardio Circuit 2	20
21	22 Technique 1 Level 2-A Scrimmage 7 pm Day 14	23 Technique 2 Level 2-B	24 Technique 1 Level 2-C	25 Technique 2 Level 2-D Scrimmage 7 pm Day 15	26 Cardio Circuit 2	27
28	29 High School Soccer Camp 6-9 pm Technique 1 Level 2-A Day 16	30 Technique 2 Level 2-B Day 17	31 Technique 1 Level 2-C Day 18	Weight Room with Coach Barrow 8 am Tuesday-Thursday		

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Technique 2 Level 2-D Day 19	2 Cardio Circuit 2 Day 20	3 Dead Week----->
4	5	6	7	8	9	10
11	12 First Day of Boys Soccer Practice	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31