

2016-17 Varsity Soccer Training Schedule

<u>Day</u>	<u>Date</u>	<u>Activity</u>	<u>Time</u>
Mon.	11/7	Training/Weight room	1:10-3:45 p.m.
Tues.	11/8	Training	2:55-5:00 p.m.
Wed.	11/9	Training/Weight room	1:10-3:45 p.m.
Thurs.	11/10	Training/Snap Raise Event	2:55-5:45 p.m.
Fri.	11/11	Weight room/Training	9:00-11:30 a.m.
Mon.	11/14	Training/Weight room	1:25-3:45 p.m.
Tues.	11/15	Training	2:55-5:00 p.m.
Wed.	11/16	Training/Weight room	1:10-3:45 p.m.
Thurs.	11/17	Training	2:55-5:00 p.m.
Fri.	11/18	Training/Weight room	1:10-3:45 p.m.
Mon.	11/21	Weight room/Unis/Training /Meeting/Lunch	8:00-Noon
Tues.	11/22	Scrimmage vs. Riverside Poly	11:00 a.m.
Mon.	11/28	Weight room/Training	2:35-4:45 p.m.
Tues.	11/29	Match vs. Roosevelt	5:00 p.m.
Wed.	11/30	Training	2:55-4:45 p.m.
Thurs.	12/1	Training/Weight room	1:10-3:45 p.m.
Fri.	12/2	Training	2:55-5:00 p.m.
Sat.	12/3	Bingo	
Mon.	12/5	Training/Weight room	1:30-3:45 p.m.
Tues.	12/6	Match @ Paloma Valley	5:00 p.m.
Wed.	12/7	Training/Weight room	1:10-3:00 p.m.
Thurs.	12/8	Match @ Yucaipa	3:15 p.m.
Fri.	12/9	Training	1:10-2:30 p.m.
Sat.	12/10	Best of the West Tournament	TBA

Mon.	12/12	Weight room during 6 th /Training	2:55-4:55 p.m.
Tues.	12/13	Match vs. Santiago	5:00 p.m.
Wed.	12/14	Pictures/Training	12:00-2:00 p.m.
Thurs.	12/15	Training	Noon-2:00 p.m.
Fri	12/16	Training/Weight room	7:15-9:30 a.m.
Sat.	12/17	Best of the West Tournament	TBA
Mon-Fri.	12/19-12/23	Off Train on your own and maintain fitness	
Mon.	12/26	Weight room/Training	8:45-11:00 a.m.
Tues.-Thurs.	12/27-29	North Orange County Classic	TBA
Fri.	12/30	Off, Run if we didn't play Thursday	
Mon.	1/2	Weight room/Training	8:45-11:00 a.m.
Tues.	1/3	Match @ Hemet	5:00 p.m.
Wed.	1/4	Training	9:30-11:00 a.m.
Thurs	1/5	Match @ Brea Olinda	4:45 p.m.
Fri.	1/6	Weight room/Training	8:45-11:00 a.m.
Sat.	1/7	Alumni Game	5:00 p.m.
Mon.	1/9	Weight room/Training	2:00-4:30 p.m.
Tues.	1/10	Training	2:55-4:30 p.m.
Wed.	1/11	Match @ Murrieta Valley	5:00 p.m.
Thurs.	1/12	Weight room/Training	2:35-4:30 p.m.
Fri.	1/13	Match @ Murrieta Mesa	5:00 p.m.
Mon.	1/16	Weight room/Training	8:45-11:30 p.m.
Tues.	1/17	Training	2:55-4:30 p.m.
Wed.	1/18	Match vs. Chaparral	5:00 p.m.
Thurs.	1/19	Weight room/Training	2:55-4:30 p.m.
Fri.	1/20	Match @ Temecula Valley	5:00 p.m.
Mon.	1/23	Weight room/Training	2:35-5:00 p.m.

Tues.	1/24	Training	1:10-2:45 p.m.
Wed.	1/25	Match vs. Great Oak	5:00 p.m.
Thurs.	1/26	Training/Weight room	1:10-3:00 p.m.
Fri.	1/27	Match vs. Murrieta Valley	5:00 p.m.
Mon.	1/30	Training/Weight room	1:30-3:30 p.m.
Tues.	1/31	Training	2:55-4:30 p.m.
Wed.	2/1	Match vs. Murrieta Mesa	5:00 p.m.
Thurs.	2/2	Weight room/Training	2:35-4:30 p.m.
Fri.	2/3	Match @ Chaparral	5:00 p.m.
Mon.	2/6	Weight room/Training	2:35-5:00 p.m.
Tues.	2/7	Training	1:10-2:45 p.m.
Wed.	2/8	Match vs. Temecula Valley	5:00 p.m.
Thurs.	2/9	Training/Weight room	1:10-3:00 p.m.
Fri.	2/10	Match @ Great Oak	5:00 p.m.
Postseason			
Mon.	2/13	Training/Weight room	1:10-3:30 p.m.
Tues.	2/14	Training	2:55-5:00 p.m.
Wed.	2/15	Training	1:10-2:45 p.m.
Thurs.	2/16	Match CIF 1 st Round	TBA
Fri.	2/17	Weight room/Training	8:00-10:00 a.m.
Mon.	2/20	Weight room/Training	8:00-10:00 a.m.
Tues.	2/21	Match CIF 2 nd Round	TBA
Wed.	2/22	Weight room/Training	2:35-4:30 p.m.
Thurs.	2/23	Training	1:10-2:45 p.m.
Fri.	2/24	Match CIF 3 rd Round	TBA
Mon.	2/27	Training/Weight room	1:10-3:00 p.m.
Tues.	2/28	Match CIF Semi-Final	TBA

Wed.	3/1	Training/Weight room	1:10-3:00 p.m.
Thurs.	3/2	Training	2:55-4:30 p.m.
Fri.	3/3	Training or Match CIF Final	TBA
Sat.	3/4	Off or Match CIF Final	TBA
Mon-Sat	3/6-3/11	State Regionals	TBA