

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 DEAD WEEK	2 DEAD WEEK Physicals 2 p.m	3 DEAD WEEK	4 DEAD WEEK	5	6
7	8 TRYOUTS 9:30-11:30 2:30-4:30 *field 3-4:30	9 TRYOUTS 9:30-11:30 2:30-4:30	10 TRYOUTS 9:30-11:30 2:30-4:30	11 TRYOUTS 9:30-11:30 2:30-4:30 Fresh Reg. A-K 8 am L-Z 9 am	12 Team BBQ-TBA Testing Make-Up TBA	13 Optional Skills Session 5-6 p.m.
14	15 Practice-All 9:30-11 Weights 3:15-5 Field	16 No Practice Testing Make-ups TBA- BVAL 6 pm	17 First Day of School Practice 3:15/4:45	18 Fall Sports Parent Meeting Teams Posted Practice 3:15/4:45	19 PCA Workshop 3:15-4:45 Cafeteria	20 Optional Skills Session 5-6 p.m. Band 9:30-3:00
21	22 Practice 3:15/4:45	23 Practice 3:15/4:45	24 Practice 3:15/4:45	25 Practice 3:15/4:45	26 Practice 3:15 All Players Football @Leigh	27 Optional Skills Session 5-6 p.m. Band 9-5 (21-1 lunch)
28	29 Practice 3:15/4:45	30 Practice 3:15/4:45	31 Practice 3:15/4:45			

EVENTS

Dead Week

No team skill-specific activities are allowed. Aug. 5th is the first day where teams are allowed to meet and practice.

Tryouts

Tryouts are for all players however it will be used to select varsity players. The morning session will consist of conditioning and the pm will be sticks skills and games

Practice and Tryouts

Always bring your field hockey gear to practices. Also bring running shoes as well.