

HHS SOCCER OFF SEASON WORKOUT SCHEDULE

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Conditioning 4:00 PM	15	16 Conditioning 4:00 PM	17	18 Conditioning 4:00 PM	19
20	21 Conditioning 8:00 AM	22	23 Conditioning 8:00 AM	24	25 Conditioning 8:00 AM	26
27	28 Conditioning 8:00 AM	29	30 Conditioning 8:00 AM			

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Conditioning 8:00 AM	7	8	9 Conditioning 8:00 AM	10
11	12 Conditioning 8:00 AM	13	14 Conditioning 8:00 AM	15	16 Conditioning 8:00 AM	17
18	19 Conditioning 8:00 AM	20	21 Conditioning 8:00 AM	22	23 Conditioning 8:00 AM	24
25	26 Conditioning 8:00 AM	27	28 Conditioning 8:00 AM	29 Conditioning 8:00 AM	30 Conditioning 8:00 AM	31

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August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Tryouts 3 mile run under 27 min and 40 yd sprints	2 tryouts	3 tryouts	4 Practice begins	5	6	7
8	9	10	11	12	13	14
15	16	17 Croatan HM	18	19 Rose HM	20	21
22	23 Northside HM	24	25	26	27	28
29	30 @ East Carteret	31 @ New Bern				

****There are 20 scheduled conditioning sessions. You must make 15 of them before tryouts to avoid extra conditioning during the first few practices.**

****You must make at least half (10) sessions to be eligible to tryout for varsity. If you can't make commit to this then don't bother coming out in August.**

*****My email is Jeffrey.harris@craven.k12.nc.us my cell # is 252-670-7314 if you have any questions.**