

JUNE WORKOUTS

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30
19	20	21	22	23
8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30
26	27	28	29	30
8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30

Notes: you must have a up to date physical on file for the upcoming season and FinalForm completed to participate to workout, No EXCEPTION.

All workouts will be held in the practice field located in the back of the school. Cleats, water bottle and tennis shoes are required at all workouts.

JULY WORKOUTS

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Dead Period	Dead Period	Dead Period	Dead Period	Dead Period
10	11	12	13	14
8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30
17	18	19	20	21
Dead Period	Dead Period	Dead Period	Dead Period	Dead Period
24	25	26	27	28
8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30	8:00 to 10:30
31	1	2	28	
8:00 to 10:30 Tryouts	8:00 to 10:30 Tryouts	8:00 to 10:30 Tryouts		

Notes

If you have any questions please feel free to contact coach Pelletant at raphaelpelletant@ccs.k12.nc.us or cell 575-496-6593