

ACTIVITY	AM PM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	Mar 2	WEEK 9	WEEK 10
		Jan 7-11	Jan 14-18	Jan 21-25	Jan 28- Feb1	Feb 4-8	Feb 11 - 15	Feb 18 - 22	Feb 25 - Mar 1		Mar 4 - 8	Mar 11 - 15
FITNESS												
Cardio endurance	AM											
Strength & Agility	AM											
Interval/Peak	AM											
Flexibility	PM											
Senior Led Practices	TBD											
TECHNICAL TRAINING Includes: Juggling Dribbling/Moves 1v1s and 2v2s Passing & receiving Shooting Trapping First Touch Headers, etc...	PM											
TACTICAL TRAINING Includes: Formation Concepts Movement off the ball Roles and responsibilities Set pieces, etc...	PM											
TRYOUTS & MEETING												
Parent/Player meeting	PM											
Player Only Meeting	PM											
2 Day Tryouts	PM											
Team Assignments Notifications	PM											
Varsity Retreat	PM/AM											
CLASSROOM SESSIONS Depending on weather, these might change	PM											
PRE-SEASON CAMP	PM											
SCRIMMAGES & GAMES	PM											

Notes: Weeks 3-5 will be 2-a-day sessions with Fitness in the AM (6:30 to 7:30) from Mon, Tue, Thurs, and Friday in the PIT and Technical Training from 3:45 to 5:15pm M,T,W and F, and 5:15 to 7pm on Thursday at Recht.

Weeks 6 and on, training will happen only in the evening.

After Week 9, regular practices - from 5 to 7pm or 7 to 9pm, depending on the week. Games on Week 9 are scrimmages (3/4 vs Standley Lake and 3/5 vs Niwot).

March 7 is the first game vs Fort Collins Away.

This is a tentative calendar and will be confirmed prior to the start of Preseason Training. Check back often for changes.