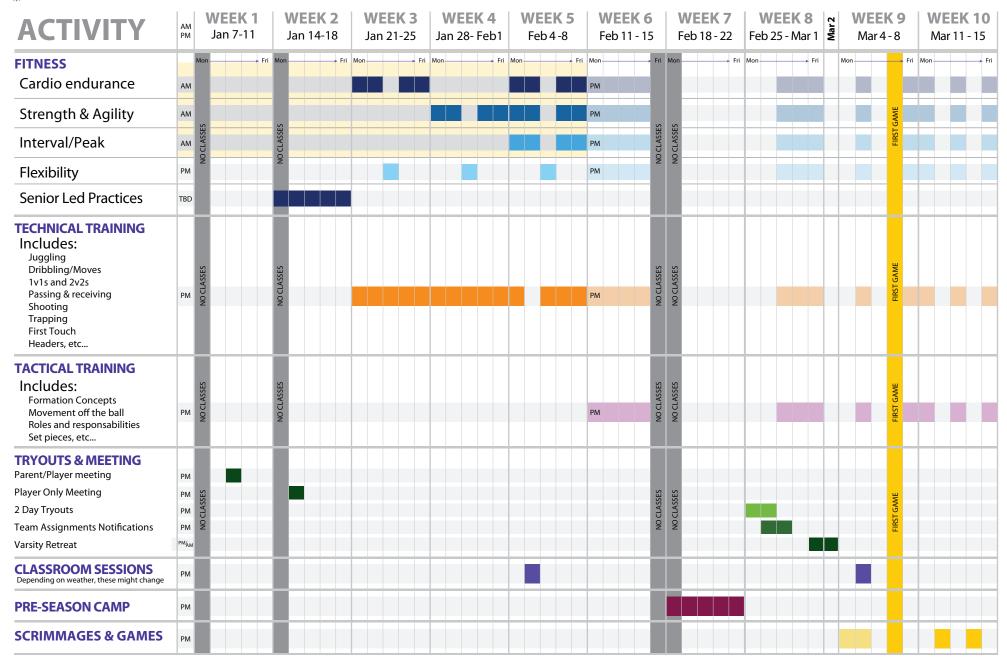
2019 Preseason Plan for Women's Soccer Program



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.