

SHS Boys Soccer Program-August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Team Training 9am Meeting/fitness test 6pm- field training	2 Team Training 6am-field training 6pm-field training	3 Team Training 6am-field training 5pm-Weight Lifting 7pm-ParentMeeting	4 Team Training 6am-field training 6pm-field training	5 Team Training 6am-field training 2pm- EDC games. Varsity only -Pepsi	6 Team Training 8am-12pm-Field training Weightlifting
7-DAY OFF	8 Team Training 6am-field training 5pm-Weightlifting 6pm-field training	9 Team Training 6am-field training 6pm-field training	10 Team Training 6am-field training 5pm-Weightlifting 6pm-field training	11 Team Training 6am-field training 6pm-field training	12 Friendly Game Bus Leaves 7am @ Dickenson HS 3pm/5pm MT	13 Friendly Game Bismarck High @ 12pm/2pm Bismarck ND
14-Day OFF	15 Team Training 3pm Weightlifting 4-6pm Training	16 Home Game Vs Fargo North HS 5pm /7:00pm	17 Team Training 4-6pm Training	18 Home Game Fargo Shanley 5pm/7:00pm	19 Team Training 4-6pm Training	20 Team Training 8am-12pm-Field training Weightlifting
21-Day OFF	22 Team 4-6pm Training- Weightlifting	23 Home Game VS G.F. Central 5pm/7:00pm	24 Team Training 4-6pm Training- Weightlifting	25 Away Game @ Fargo Davies 5pm/7:00pm	26 Team Training 4-pm Training	27 Away Game @ Shanley HS 11am/1pm
28-Day OFF	29 Team Training 4-6pm Training	30 Home Game VS Fargo South HS 5pm/7:00pm	31 Team Training 4-6pm Training			
Notes: Team Meal-Monday Aug 15 @ 6:30pm SHS commons	Team Pictures Aug 11 @ 5pm	Senior night Fargo South HS				

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