

June

MND SOCCER

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
OFF 6	Conditioning 5:30-8:30 PM 7	Conditioning 3:30-5:30 PM 8	Off 9	Conditioning 3:30-5:30 PM 10	Interval workout 11	Long distance 12
OFF 13	Conditioning 5:30-8:30 PM 14	Conditioning 5:00-7:00 PM 15	Off 16	Conditioning 5:00-7:00 PM 17	Interval workout 18	Long Distance 19
OFF 20	Conditioning 5:30-8:30 PM 21	Conditioning 5:00-7:00 PM 22	Off 23	Conditioning 5:00-7:00 PM 24	Interval workout 25	Long Distance 26
OFF 27	OFF 28	OFF 29	OFF 30			

July MND SOCCER

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				OFF 1	OFF 2	OFF 3
OFF 4	Conditioning 5:30-8:30 PM 5	Conditioning 5:00-7:00 PM 6	Off 7	Conditioning 5:00-7:00 PM 8	SUMMER TOURNEY 9	SUMMER TOURNEY 10
SUMMER TOURNEY 11	OFF 12	Conditioning 5:00-7:00 PM 13	Off 14	Conditioning 5:00-7:00 PM 15	Interval work 16	Long Distance 17
OFF 18	Conditioning 5:30-8:30 PM 19	Conditioning 5:00-7:00 PM 20	Off 21	Conditioning 5:00-7:00 PM 22	Interval work 23	Long Distance 24
OFF 25	Conditioning @ 4:30 Kids Camp @ 5:00 PM 26	Conditioning @ 4:30 Kids Camp @ 5:00 PM 27	Conditioning @ 4:30 Kids Camp @ 5:00 PM 28	Conditioning @ 4:30 Kids Camp @ 5:00 PM 29	Rest for tryouts 30	Rest for tryouts 31

Everything after August 1st is **mandatory**

Tryouts are Monday August 2 and Tuesday August 3rd from 7-9PM

Please schedule vacations during summer, as everything is optional.

Getting 2 summer shirts. Summer fees (shirts and tourney = \$40 need to turn in asap so we can order them)