**August 2023 7th and 8th Grade Boys Soccer**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Punctuality.png | **1** | **2** | **3****Run/Stretch** | **4****Run/Stretch** | **5****REST/RECOVER** |
| **6**All Trainings @LUMS | **7****Run/Stretch** | **8****Run/Stretch** | **9****Run/Stretch** | **10****Run/Stretch** | **11****Run/Stretch** | **12****REST/RECOVER** |
| **13****REST/RECOVER** | **14****Run/Stretch** | **15****Run/Stretch** | **16****Run/Stretch** | **17** **Run/Stretch** | **18** **Run/Stretch** | **19****REST/RECOVER** |
| **20****REST/RECOVER** | **21 Run/Stretch** | **22 Run/Stretch** | **23** **Run/Stretch** | **24**  **Run/Stretch** | **25** **Run/Stretch** | **26****REST/RECOVER** |
| **27****REST/RECOVER**All Trainings @LUMS | **28****First Student Day** | **29** **7th & 8th Bsoc** **3:30-5:00pm****#1** | **30** **7th & 8th Bsoc** **3:30-5:00pm****#2** | **31** **7th & 8th Bsoc** **3:30-5:00pm****#3** |  |

**\*Please Note: all middle level athletes are required to have 7 days of training before participating in the athletes’ first game.**

**September 2023**

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| All Trainings @LUMS | Punctuality.png |  |  | **1** **No School for LUMS****REST/RECOVER** | **2****REST/RECOVER** |
| **3****Run/Stretch** | **4****No School for LUMS** | **5****7th & 8th Bsoc** **3:30-5:00pm****#4** | **6****7th & 8th Bsoc** **3:30-5:00pm****#5** | **7****7th & 8th Bsoc** **3:30-5:00pm****#6** | **8****REST/RECOVER** | **9** **REST/RECOVERY** |
| **10****Run/Stretch** | **11****7th & 8th Bsoc** **3:30-5:00pm****#7** | **12** **@ Montpelier****4:00/5:00pm****(Bus 2:30)** | **13** **7th & 8th Bsoc** **3:30-5:00pm** | **14** **vs U32****4:00/5:00pm** | **15** **REST/RECOVER** | **16****REST/RECOVERY** |
| **17****Run/Stretch** | **18****7th & 8th Bsoc** **3:30-5:00pm** | **19****@ North Country****4:00/5:00pm****(Bus 2:30)** | **20****7th & 8th Bsoc** **3:30-5:00pm** | **21****vs Stowe****4:00/5:00pm** | **22****REST/RECOVER** | **23****REST/RECOVER** |
| **24****Run/Stretch** | **25****No School for LUMS** | **26****@ Peoples****4:00/5:00pm****(Bus 3:15)** | **27****7th & 8th Bsoc** **3:30-5:00pm** | **28****vs Hazen****4:00/5:00pm** | **29****REST/RECOVER** | **30** |

**October 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1** **Run/Stretch**All Trainings @LUMS | **2****@ Milton****4:00/5:00pm****(Bus 2:45)** | **3****vs Montpelier****4:00/5:00pm** | **4****7th & 8th Bsoc** **3:30-5:00pm** | **5****vs North Country****4:00/5:00pm** | **6**  **REST/RECOVERY**  | **7****REST/RECOVERY** |
| **8** **Run/Stretch** | **9****No School for LUMS** | **10****@ U32****4:00/5:00pm****(Bus 2:30)** | **11****7th & 8th Bsoc** **3:30-5:00pm** | **12****vs Peoples****4:00/5:00pm** | **13****REST/RECOVERY** | **14****REST/RECOVERY** |
| **15****Run/Stretch** | **16****@ Stowe****4:00/5:00pm****(Bus 3:00)** | **17****7th & 8th Bsoc** **3:30-5:00pm** | **18** | **19****@ Hazen****4:00/5:00pm****(Bus 3:00)** | **20** | **21** |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
| **29** | **30** | **31** |  |  |  |