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

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| --- | --- | --- | --- | --- | --- | --- |
| **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**

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| --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  | |  |