 East High Girls Soccer 2018-2019 

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| Offseason | Girls Soccer |
|  | East High School |

 | If you put in the work you will be rewarded on and off the field! We have to outwork our competition. **Attendance is an expectation for those girls wanting to play Varsity!!!!** Think BIG picture!Follow us on Twitter @EHSLadySoccerwebsite: https://dsmeastsoccer.wixsite.com/ehsladysoccer |
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| Project Phase | Starting | Ending |
| Volt Strength Training | 11/26/17 | 3/14/18 |
| Open Gym | 11/27/17 | 2/16/19 |
| 1st practice/Try outs | 3/18/18 | Date |
| Yoga  | 11/28/17 | 6:45am-7:45am |
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| Goal |  |  |
| Get stronger and prevent injuries (am or pm) |  |  |
| Get touches on the ball and work with team |  |  |
| reap bennifits from offseason work!!!! |  |  |
| Relax and stretch it all out! |  |  |
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| October | November | December | January | February | March |
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| M | T | W | T | F | S | S |
|  |  |  |  |  |  | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |  |  |  |  |  |

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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
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| M | T | W | T | F | S | S |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 |  |  |  |
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| M | T | W | T | F | S | S |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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 We will always do Volt on **Mon, Tues, and Thur. 6:30-7:30 am or 3:45-4:45pm**

Open gym will be held **after school from 4-5:30pm** or on **Saturdays 8-9:30 am**

YOGA is in AM only!!! (6:45-7:45am)