 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 @EHSLadySoccer  website: 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 | |  |  |  | | |  |  |  | | --- | --- | --- | | 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 |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 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 |  |  |  |  |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 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 |  |  | |  |  |  |  |  |  |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 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 |  |  |  |  |  |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 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 |  |  |  | |  |  |  |  |  |  |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 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 |  |  |  | |  |  |  |  |  |  |  | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 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 | |  |  |  |  |  |  |  | |

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)