

## Updated Workout Schedule, Tryouts and Practice Schedule

### Summer Workout Schedule

July 18<sup>th</sup>- 9 am to 11 am

July 20<sup>th</sup>- Cancelled out of town

July 23<sup>rd</sup>- Cancelled out of town

July 25<sup>th</sup>- 9 am to 11 am

July 27<sup>th</sup>- 9 am to 11 am

Dead Week- Players are not allowed to have contact with any of the coaches. We will not be having any type of organized workouts during the following time: July 30<sup>th</sup>- August 5<sup>th</sup>.

### Girls Soccer Tryouts

August 6<sup>th</sup>- August 7<sup>th</sup>  
5 pm to 7 pm at NHS soccer fields

Girls Soccer Practice (Each girl is required to have 10 practices before our first game to play)

August 8<sup>th</sup>  
5 pm to 7 pm

August 9<sup>th</sup> (2 Practices and the Fall Parents Sports Meeting at 7 pm at the NHS Cafeteria)  
9 am to 11 am  
5 pm to 6:30 pm (early end so we can all go to the Fall Sports Meeting)

August 10<sup>th</sup>  
5 pm to 7 pm

August 11<sup>th</sup>  
9 am to 11 am  
5 pm to 7 pm

August 13<sup>th</sup>  
5 pm to 7 pm

August 14<sup>th</sup>  
9 am to 11 am  
5 pm to 7 pm

August 15<sup>th</sup>  
5 pm to 7 pm

August 16<sup>th</sup>  
5 pm to 7 pm

August 17<sup>th</sup>  
Home Game against Ridgeview (JV 4:30 pm/V 6:00 pm)

August 18<sup>th</sup>  
Home game against Emmett (JV 11 am/ V 12:30 pm)