JMHS Girls Soccer August 2021

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **Workout colors:**  **White/Black/Black** | **Training**  **7 – 9 AM** | **Training**  **7 – 9 AM** | **Training**  **7 – 9 AM** | **Training**  **7 – 9 AM**  **Figure 8 Dribbling**  **Power/Touch/Acc** |  | **HS Summer Festival**  **Capelli Sports Complex**  **(By Invite)** |
| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
| **HS Summer Festival**  **Capelli Sports Complex (By Invite)** | **Jackson Soccer**  **Summer Camp** | **Jackson Soccer**  **Summer Camp** | **Jackson Soccer**  **Summer Camp** | **Fitness Test**  **(Retakes/Make Ups)**  **7 – 9 AM** |  | **Car Wash**  **Fundraiser** |
| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
| **’21 Kick Off Breakfast**  **10 AM** | **Practice**  **8 – 10 AM**  **Workout colors:**  **White/Black/Black** | **Practice**  **8 – 10 AM** | **Practice**  **8 – 10 AM** | **Practice**  **8 – 10 AM** | **Practice**  **8 – 10 AM**  **Evaluation Meetings** | **Practice**  **9 AM**  **Red & Black**  **Scrimmage** |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
| **Track Workout**  **8 - 9 AM (Optional)**  **Black/Black/Black** | **Scrimmage**  **10 AM (Home) V/JV**  **Red Bank Regional** | **Practice**  **8 – 10 AM** | **Scrimmage (Away)**  **10 AM V/JV 11:15 F**  **Howell** | **Practice**  **8 – 10 AM** | **Scrimmage**  **10 AM (Home) V/JV**  **Neptune** | **Practice**  **8 – 10 AM** |
| **29** | **30** | **31** |  |  |  |  |
| **OFF**  **Workout colors:**  **Red/Black/Black** | **Practice**  **8 – 10 AM** | **Scrimmage**  **12 PM V/JV**  **Ocean City** |  |  |  |  |