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** |  |  |  |  |