

Portage Northern Girls Soccer Optional Workout / Practice / Game Calendar

January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 WMU Training 5:30-7pm
6 Weight Room is in the Igloo Track is in the Doghouse	7 Weight Room 3-4pm <i>Coach Carlson</i>	8 Track 3-4pm <i>Coach Tetreault</i>	9 Weight Room 4:30-5:30pm <i>Coach Fuehr</i>	10 Track 3-4pm <i>Coach Groves</i>	11	12 WMU Training 5:30-7pm
13	14 Weight Room 3-4pm <i>Coach Carlson</i>	15 Track 3-4pm <i>Coach Tetreault</i>	16 Weight Room 4:30-5:30pm <i>Coach Fuehr</i>	17 Track 3-4pm <i>Coach Groves</i>	18	19 WMU Training 5:30-7pm
20	21 Exam Week No Workouts Study for your exams!	22	23	24	25	26 WMU Training 5:30-7pm
27	28 Weight Room 3-4pm <i>Coach Carlson</i>	29 Track 3-4pm <i>Coach Tetreault</i>	30 Weight Room 4:30-5:30pm <i>Coach Fuehr</i>	31 Track 3-4pm <i>Coach Groves</i>		

February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Weight Room is in the Igloo Track is in the Doghouse	4 Weight Room 3-4pm Coach Carlson	5 Track 3-4pm Coach Tetreault	6 Weight Room 4:30-5:30pm Coach Fuehr	7 Track 3-4pm Coach Groves	8	9
10	11 Weight Room 3-4pm Coach Carlson	12 Track 3-4pm Coach Tetreault	13 Weight Room 4:30-5:30pm Coach Fuehr	14 Track 3-4pm Coach Groves	15	16
17	18 Weight Room 3-4pm Coach Carlson	19 Track 3-4pm Coach Tetreault	20 Weight Room 4:30-5:30pm Coach Fuehr	21 Track 3-4pm Coach Groves	22	23
24	25 Weight Room 3-4pm Coach Carlson	26 Track 3-4pm Coach Tetreault	27 No workout, conferences	28 Track 3-4pm Coach Groves	29	March 1

March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 WMU Team Camp 5:30-7pm *All players	5	6 WMU Team Camp 5:30-7pm *All players	7	8 WMU Camp Tournament *Freshman & JV All day
9 WMU Camp Tournament *Returning Varsity All day	10 Tryouts @ Soccerzone 4:30-6pm	11 Tryouts @ Soccerzone 4:30-6pm	12 Tryouts @ Soccerzone 4:30-6pm	13 Tryouts @ Soccerzone 4:30-6pm <i>Teams Announced</i>	14 Practice 3-5pm Site TBA	15 OFF
16 OFF	17 Practice JV 3:30-5pm V 4:30-6:15 Parent Meeting 6:30pm at PNHS	18 Practice JV 3:30-5pm V 4:30-6:15pm	19 Practice JV 3:30-5pm V 4:30-6:15pm	20 Practice JV 3:30-5pm V 4:30-6pm	21 Practice JV 3:30-5pm V 4:30-5:30pm	22 Varsity Scrimmages at East Kentwood TBA
23 OFF	24 Practice JV 3:30-5pm V 4:30-6pm	25 Practice JV 3:30-5pm V 4:30-6pm	26 Practice JV 3:30-5pm V 4:30-6pm	27 Scrimmage TBA	28 Practice JV 3:30-5pm V 4:30-5:45pm	29 Home V BC Lakeview JV 12pm V 2pm
30 OFF	31 Home v Vicksburg JV 5pm V 6:45pm					

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice JV 3:30-5pm V 4:30-6pm	2 Home vs East Kentwood JV 5pm V 6:45pm	3 OFF <i>No practice until Mon April 14, all players must work out over break!</i>	4 OFF	5 25-Minute Run 50-Push ups 40-Situps 15 min Juggling
6 Run 20 min. Sprints 10 x 30 yards Juggling 10 minutes	7 Pushups 25 regular 20 wide grip 15 diamond Situps 30 toe touches 2 min @ 6 in	8 Run 25 min. Sprints 15 x 25 yards Juggling 10 minutes	9 Pushups 25 regular 20 wide grip 15 diamond Situps 35 toe touches 2 min @ 6 in.	10 Run 15 min. Sprints 20 x 20 yards Juggling 15 minutes	11 Pushups 25 regular 20 wide grip 15 diamond Situps 40 toe touches 2 min @ 6 in	12 Run 30 min. Sprints 15 x 30 yards Juggling 20 minutes
13 OFF	14 Practice JV 3:30-5pm V 4:30-6:30pm	15 Practice JV 3:30-5pm V 4:30-6pm	16 <i>At Mattawan</i> Bus 3:45pm JV 5pm V 6:45pm	17 Practice JV 3:30-5pm V 5:15-6:30pm	18 Practice JV 3:30-5pm V 4:30-5:30pm	19 Portage Northern 3 for 1 Teams / Times TBA
20 OFF	21 <i>At PCentral</i> Carpool JV;4pm V;4:45p Games JV 5pm V 6:45pm	22 Practice JV 3:30-5pm V 4:30-6pm	23 Home vs KCentral JV 5pm V 6:45pm	24 Practice JV 3:30-5pm V 5:15-6:30pm @ Soccerzone	25 <i>At Forest Hills</i> Central Bus TBA JV 5:30pm V 7:30pm	26 OFF
27 OFF	28 <i>At BCC</i> Bus 3:30 JV 5pm V 6:45pm	29 Practice JV 3:30-5pm V 4:30-6pm	30 Home vs Loy Norrix JV 5pm V 6:45pm			

May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice JV 3:30-5pm V OFF	2 Practice JV 3:30-5pm V 4:30-6pm	3 OFF
4 Practice V 4:30-6pm	5 Home vs SMAC East TBA JV 5pm V 6:45pm	6 Practice JV 3:30-5pm V 4:30-6pm	7 Practice JV 3:30-5pm V 4:30-6pm	8 <i>At Gull Lake</i> Bus 3:45pm JV 5pm V 6:45pm	9 Practice JV 3:30-5pm V OFF	10 OFF
11 Practice V 4:30-6pm	12 <i>Crossover at</i> <i>SMAC West</i> <i>Bus / Team /</i> <i>Game Time</i> <i>TBA</i>	13 Practice JV 3:30-5pm V 4:30-6pm	14 <i>League</i> <i>Tournament</i> <i>Site / Team TBA</i>	15 Practice JV 3:30-5pm V 5:15-6:15pm	16 Home vs Plainwell JV 5pm V 6:45pm	17 OFF
18 Practice V 4:30-5:30pm	19 <i>League</i> <i>Tournament</i> <i>Site / Team TBA</i>	20 Practice JV 3:30-5pm V 4:30-6pm	21 League Tournament Site / Team TBA	22 Practice JV 3:30-5pm V 4:30-6pm	23 Home vs Hackett JV 5pm V 6:45pm	24 OFF
25 OFF	26 Practice V 4:30-5:45pm	27 <i>Districts</i>	28 Practice <i>If we win</i> <i>Tuesday</i> 4:30-5:45pm	29 <i>Districts</i>	30 Practice <i>If we win</i> <i>Thursday</i> 4:30-5:45pm	31 <i>Districts</i>
	Regionals <i>Tue-Sat</i> June 3-7	States <i>Semi-Finals</i> June 11 <i>Finals</i> June 14				