



JAGUAR SOCCER
CONDITIONING SCHEDULE
NOVEMBER 2 thru JANUARY 18

		Location
November 2-6	Conditioning Kick-off Week <ul style="list-style-type: none"> - We Begin at 4:00 p.m. SHARP! - wear proper clothes and shoes - bring a good attitude - be on time! - ALL EXCEPT STATE CUP TEAMS 	Next to Game Field
November 9-13	Conditioning continues all week <ul style="list-style-type: none"> - If your team was eliminated from State Cup you are expected to attend 	
November 16-20	Fall Evaluations <ul style="list-style-type: none"> - All are expected except those that are playing a winter sport for SPHS - Wear proper clothes and shin guards - Teams will be posted Monday November 30 	Stadium Field
November 23-27	NO CONDITIONING THIS WEEK	You need to run
November 30-Dec. 4	Conditioning Resumes <ul style="list-style-type: none"> - Only those that have been selected for a team need to attend - We will break up by teams and go to different areas each day- pay attention! 	Next to Game Field
December 7-11	Conditioning	Next to Game Field
December 14-17	Conditioning	Next to Game Field
December 21-25	NO Conditioning	You need to run
December 28-31	Conditioning Resumes	Next to Game Field
January 4-8	Conditioning	Next to Game Field
January 11-15	HELL WEEK	Next to Game Field
January 16	Field set-up Day	Meet at Soccer Fld.
January 18	First Practice	Football Stadium

