



2019 Erie Royals Girls Soccer Conditioning Schedule - Updated

			August		
Monday	Tuesday	Wed.	Thurs.	Friday	Saturday
July 29 Summer work-outs Jefferson 9:30 – 11:30 ^^physical needed	July 30	July 31 Summer work-outs Jefferson 9:30 – 11:30 ^^physical needed	1 Summer work-outs Jefferson 9:30 – 11:30 ^^physical needed	2	3
5 Summer work-outs Jefferson 9:30 – 11:30 ^^physical needed	6	7 Summer work-outs Jefferson 9:30 – 11:30 ^^physical needed	8 Summer work-outs Jefferson 9:30 – 11:30 ^^physical needed	9	10
12 Try-Outs Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	13 Try-Outs Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	14 Try- Outs Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	15 Try-Outs Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	16 Practice Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	17

19 Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	20 Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	21 Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	22 Jefferson 8 – 10 am 6:30 – 8:00 pm Physical Needed	23 Jefferson 8-10 Bonn Fire 5-11 @ Coach Sala's house	24
26 Practice 4-6	27 Practice 4-6	28 Practice 4-6 Open House 6-7:30 Erie High	29 Scrimmage @ Harbor Creek JV 4:30 V 5:30	30 Practice 8-10	31
Sept. 2	Sept. 3 Tentative game vs Hickory	Sept. 4	5 Tentative game Vs Warren	6	7

When a formal game schedule is submitted to the coaching staff
the calendar will be updated