

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach C. running Elite Soccer Camps and Team Camps Monday – Friday (8am – 8pm)						
29 U18's Practice @ Legion 1 - 2:30	Coach C. running Elite Soccer Camps and Team Camps Monday – Friday (8am – 8pm) U11's Team Camp	Coach C. running Elite Soccer Camps and Team Camps Monday – Friday (8am – 8pm) U11's Team Camp	Coach C. running Elite Soccer Camps and Team Camps Monday – Friday (8am – 8pm) U11's Team Camp U18's possible Captain's session @ Legion	Coach C. running Elite Soccer Camps and Team Camps Monday – Friday (8am – 8pm) U11's Team Camp U14 Super Y session at Fred Academy 7:15 - 8:00	Coach C. running Elite Soccer Camps and Team Camps Monday – Friday (8am – 8pm) U11's Team Camp	Coach C. running Elite Soccer Camps and Team Camps Monday – Friday (8am – 8pm) U14 Super Y GAME in North Carolina vs. CASL
5 U18's Practice at Legion 10:15 - 11:45 Coach C ODP tryouts in Richmond 2 - 6pm	6 GK Training (both teams) 5:15 - 6:15pm U11's practice 6:15 - 7:45	7 U18's Practice @ Legion 6:00 - 7:30 (possible scrimmage)	8 Coach C - College moving day	9 U14's trip to Atlanta Games on Friday & Saturday	10 U14's trip to Atlanta Games on Friday & Saturday	11 U14's trip to Atlanta Games on Friday & Saturday U11's Friendly games in No. Va.
12 U18's Practice and/or scrimmage (TBD) plan on afternoon!	13 GK Training (both teams) 5:15 - 6:15pm U11's practice 6:15 - 7:45	14 U18's Practice @ Legion 6:00 - 7:30 (likely followed by chalk talk / pizza)	15 U11's Practice 6:00 - 7:30 @ Legion	16 U18's Practice @ Legion 6:00 - 7:30	17	18 Sun Cup Tournament - U18 & U11 Impact
19 Sun Cup Tournament - U18 & U11 Impact	20 Coach C - College moving day	21 U11's Practice 6:00 - 7:30 @ Legion	22 U18's Practice @ Legion 6 - 7:30	23 U11's Practice 6:00 - 7:30 @ Legion	24 ODP in Richmond (tentative)	25 U18's 3 game round robin against college teams at Sweet Briar - U11's Fred Cup tournament
26 U18's VCCL Season Opening Game U11's Fred Cup tournament	27	28 U18's Possible Scrimmage against Va. Wesleyan College (away)	29 GK Training (both teams) 5:15 - 6:15pm U11's practice 6:15 - 7:45	30 U11's 5:00 - 6:00 shootaround U18's 6:00 - 7:00 shootaround	31	1 PWSI Labor Day Tournament - U18 & U11 Impact

Notes:
Fitness is an EVERYDAY thing!!! Take ownership - make a difference!!!

Schedule Changes:
 Please note that this is subject to change based on my work travel and other issues. Updates will be provided as early as possible