

# 2011 Kwantlen Men's Soccer Summer Training Schedule



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# June 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
5	6	7	8	9	10	
12	13	14	15	16	17	
19	20	21	22 Gym/ Indoor Training Session	23	24	
26	27	28	29 Gym/ Indoor Training Session	30		

# July 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	
3	4 MSOC 7:00pm-9:00pm Practice	5 MSOC 6:00pm-8:00pm Practice	6 MSOC Inter-Squad Game 7:30pm -9pm	7 Game Preparation/ Recovery Session TBA	8	9 MSOC 1:00PM-4:00PM Exhibition Game Vs. Caribbean Team
10 MSOC 1:00PM-4:00PM TBA	11	12 MSOC 6:00pm-8:00pm Practice	13 Gym/ Indoor Training Session 7:00pm - 9:30pm	14	15	16
17	18	19 MSOC 6:00pm-8:00pm Practice	20 Gym/ Indoor Training Session 7:00pm - 9:30pm	21	22	23
24	25	26 MSOC 6:00pm-8:00pm Practice	27 Fitness Test #1 – Inside Gym 7:00pm - 9:30pm	28	29	30
<p>Blue = Newton Grass Field 8            Gym / Indoor Training = 12666 72<sup>nd</sup> Ave, Kwantlen Surrey Campus            Black = Eagles Stadium, Newton Athletic Park</p>						

# August 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 MSOC 6:00pm-8:00pm Practice	3 MSOC 6:00pm-8:00pm Practice	4 MSOC 6:00pm-8:00pm Practice	5	6
7	8	9 MSOC 6:00pm-8:00pm Practice	10 MSOC 6:00pm-8:00pm Practice	11 MSOC 6:00pm-8:00pm Practice	12 Team Selection	13
14	15 MSOC 6:00pm-8:00pm Practice	16 MSOC 6:00pm-8:00pm Practice	17 MSOC 6:00pm-8:00pm Practice	18 MSOC 6:00pm-8:00pm Practice	19	20
21 MSOC 12:00pm- 2:00pm Practice	22 MSOC 6:00pm-8:00pm Practice	23 MSOC 6:00pm-8:00pm Practice	24 MSOC 6:00pm-8:00pm Practice	25 MSOC 6:00pm-8:00pm Practice	26	27 MSOC 10:00pm- 12:00pm Exhibition Game
28 MSOC 12:00pm- 4:00pm Exhibition Game	29 MSOC 6:00pm-8:00pm Practice	30 MSOC 6:00pm-8:00pm Practice	31 MSOC 6:00pm-8:00pm Practice	Orange – Newton Field #6 Black – Eagles Stadium, Newton Athletic Park		