

2010 Summer Workouts - Boys Soccer			
31-May	Lift - Legs and shoulders	2 mile jog	200 pu/su
1-Jun	Lift - Chest and triceps		
2-Jun	Lift - Back and Biceps	2 mile jog	200 pu/su
3-Jun	Lift - legs and shoulders		
4-Jun	Lift - Chest and triceps	2 mile run for time	200 pu/su
5-Jun	Back and Biceps	Individual footwork grid	
6-Jun	Rest		
7-Jun	Lift - Legs and shoulders	2 mile jog	200 pu/su
8-Jun	Lift - Chest and triceps		
9-Jun	Lift - Back and Biceps	2 mile jog	200 pu/su
10-Jun	Lift - legs and shoulders		
11-Jun	Lift - Chest and triceps	2 mile run for time	200 pu/su
12-Jun	Back and Biceps	Individual footwork grid	
13-Jun	Rest		
14-Jun	Lift - Legs and shoulders	2 mile jog	200 pu/su
15-Jun	Captain's Practice 10:00 -11:30 at Chippewa		Lift - Chest and triceps
16-Jun	Lift - Back and Biceps	2 mile jog	200 pu/su
17-Jun	Captain's Practice 10:00 -11:30 at Chippewa		Lift - legs and shoulders
18-Jun	Lift - Chest and triceps	2 mile run for time	200 pu/su
19-Jun	Back and Biceps	Individual footwork grid	
20-Jun	Rest		
21-Jun	Lift - Legs and shoulders	2 mile jog	200 pu/su
22-Jun	Captain's Practice 10:00 -11:30 at Chippewa		Lift - Chest and triceps
23-Jun	Lift - Back and Biceps	2 mile jog	200 pu/su
24-Jun	Captain's Practice 10:00 -11:30 at Chippewa		Lift - legs and shoulders
25-Jun	Lift - Chest and triceps	2 mile run for time	200 pu/su
26-Jun	Back and Biceps	Individual footwork grid	
27-Jun	Rest		
28-Jun	Lift - Legs and shoulders	2 mile jog	200 pu/su
29-Jun	Captain's Practice 10:00 -11:30 at Chippewa		Lift - Chest and triceps
30-Jun	Lift - Back and Biceps	2 mile jog	200 pu/su
1-Jul	Captain's Practice 10:00 -11:30 at Chippewa		Lift - legs and shoulders
2-Jul	Lift - Chest and triceps	2 mile run for time	200 pu/su
3-Jul	Back and Biceps	Individual footwork grid	
4-Jul	Rest		
5-Jul	Lift - Legs and shoulders	2 mile jog	200 pu/su
6-Jul	Captain's Practice 10:00 -11:30 at Chippewa		Lift - Chest and triceps
7-Jul	Lift - Back and Biceps	2 mile jog	200 pu/su
8-Jul	Captain's Practice 10:00 -11:30 at Chippewa		Lift - legs and shoulders
9-Jul	Lift - Chest and triceps	2 mile run for time	200 pu/su
10-Jul	Back and Biceps	Individual footwork grid	
11-Jul	Rest		
12-Jul	Lift - Legs and shoulders	2 mile jog	200 pu/su

13-Jul	Captain's Practice 10:00 -11:30 at Chippewa	Lift - Chest and triceps
14-Jul	Lift - Back and Biceps 2 mile jog	200 pu/su
15-Jul	Captain's Practice 10:00 -11:30 at Chippewa	Lift - legs and shoulders
16-Jul	Lift - Chest and triceps 2 mile run for time	200 pu/su
17-Jul	Back and Biceps Individual footwork grid	
18-Jul	Rest	
19-Jul	Lift - Legs and shoulders 2 mile jog	200 pu/su
20-Jul	Captain's Practice 10:00 -11:30 at Chippewa	Lift - Chest and triceps
21-Jul	Lift - Back and Biceps 2 mile jog	200 pu/su
22-Jul	Captain's Practice 10:00 -11:30 at Chippewa	Lift - legs and shoulders
23-Jul	Lift - Chest and triceps 2 mile run for time	200 pu/su
24-Jul	Back and Biceps Individual footwork grid	
25-Jul	Rest	
26-Jul	Moriera Camp 10:00 - 12:00	Lift - legs and shoulders
27-Jul	Moriera Camp 10:00 - 12:00	Lift - Chest and triceps
28-Jul	Moriera Camp 10:00 - 12:00	Lift - Back and Biceps
29-Jul	Moriera Camp 10:00 - 12:00	Lift - legs and shoulders
30-Jul	Moriera Camp 10:00 - 12:00	Lift - Chest and triceps
31-Jul	Individual footwork grid	Lift - Back and Biceps
1-Aug	rest	
2-Aug	Conditioning Chippewa - 7:30 to 8:30 (morning)	Lift - legs and shoulders
3-Aug	Conditioning Chippewa - 7:30 to 8:30 (morning)	Lift - chest and triceps
4-Aug	Conditioning Chippewa - 7:30 to 8:30 (morning)	Lift - back and biceps
5-Aug	Conditioning Chippewa - 7:30 to 8:30 (morning)	
6-Aug	Conditioning Chippewa - 7:30 to 8:30 (morning)	
7-Aug	Rest	
8-Aug	2 mile run at HS Track (10:00 am) Meeting with Athletic Department (TBA)	
9-Aug	Try outs (practices are at 9:00 to 10:30 and 2:30 to 4:30)	
10-Aug	Try outs (practices are at 9:00 to 10:30 and 2:30 to 4:30)	
11-Aug	Try outs (practices are at 9:00 to 10:30 and 2:30 to 4:30) Teams Announced	
12-Aug	Scrimmages at Twinsburg (TBA)	
13-Aug	2:30 - 4:30 practice	
14-Aug	CVCA scrimmages (TBA)	