

GHHS Soccer PreSeason Workouts

	Monday 11/9	Tuesday 11/10	Wednesday 11/11	Thursday 11/12
		Practice Field		Practice Field
3:00-3:30		Check in: Juniors & Seniors		Check in: Juniors & Seniors
3:30-4:30		Workouts: Juniors & Seniors		Workouts: Juniors & Seniors
4:45-5:00		Check in: Freshmen & Sophomores		Check in: Freshmen & Sophomores
5:00-6:00		Workouts: Freshmen & Sophomores		Workouts: Freshmen & Sophomores
	Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19
		Practice Field		Practice Field
3:00-3:30		Check in: Juniors & Seniors		Check in: Juniors & Seniors
3:30-4:30		Workouts: Juniors & Seniors		Workouts: Juniors & Seniors
4:45-5:00		Check in: Freshmen & Sophomores		Check in: Freshmen & Sophomores
5:00-6:00		Workouts: Freshmen & Sophomores		Workouts: Freshmen & Sophomores
	Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26
		Practice Field		
3:00-3:30		Check in: Juniors & Seniors		Happy Thanksgiving!
3:30-4:30		Workouts: Juniors & Seniors		
4:45-5:00		Check in: Freshmen & Sophomores		
5:00-6:00		Workouts: Freshmen & Sophomores		
	Monday 11/30	Tuesday 12/1	Wednesday 12/2	Thursday 12/3
	Practice Field	Band Field		Practice Field
3:00-3:30	Check in: Juniors & Seniors	Check in: Juniors & Seniors		Check in: Juniors & Seniors
3:30-4:30	Workouts: Juniors & Seniors	Workouts: Juniors & Seniors		Workouts: Juniors & Seniors
4:45-5:00	Check in: Freshmen & Sophomores			Check in: Freshmen & Sophomores
5:00-6:00	Workouts: Freshmen & Sophomores			Workouts: Freshmen & Sophomores
	Monday 12/7	Tuesday 12/8	Wednesday 12/9	Thursday 12/10
	Practice Field	Band Field	Wednesday 12/9	Practice Field
3:00-3:30	<i>dead period</i>	<i>dead period</i>	<i>dead period</i>	Check in: Juniors & Seniors
3:30-4:30				Workouts: Juniors & Seniors
4:45-5:00				Check in: Freshmen & Sophomores
5:00-6:00				Workouts: Freshmen & Sophomores
	Monday 12/14	Tuesday 12/15	Wednesday 12/16	Thursday 12/17
	Practice Field	Band Field		Practice Field
3:00-3:30	Check in: Juniors & Seniors	Check in: Juniors & Seniors		Check in: Juniors & Seniors
3:30-4:30	Workouts: Juniors & Seniors	Workouts: Juniors & Seniors		Workouts: Juniors & Seniors
4:45-5:00	Check in: Freshmen & Sophomores			Check in: Freshmen & Sophomores
5:00-6:00	Workouts: Freshmen & Sophomores			Workouts: Freshmen & Sophomores