

## **CDH Boys Soccer Program Wide Training Schedule 2022**

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### **M 8/15**

All Teams – 12:00-2:00pm and 7:00-9:00pm – Tryouts – Turf

### **Tu 8/16**

All Teams – 12:00-2:00pm and 7:00-9:00pm – Tryouts – Turf

### **W 8/17**

V – 11:30-12:00pm – Weightroom

V – 12:00-2:00pm and 7:00-9:00pm – Turf

JV – 2:15-2:45pm – Weightroom

JV – 3:00-4:45pm – Grass

B – 2:15-2:45pm – Weightroom

B – 3:00-4:30pm – Grass

9 – 2:15-2:45pm – Weightroom

9 – 3:00-4:30pm – Grass

### **Th 8/18**

V – 12:00-2:00pm and 7:00-9:00pm – Turf

JV – 3:00-4:45pm – Grass

B – 3:00-4:30pm – Grass

9 – 3:00-4:30pm – Grass

### **F 8/19**

V – 11:30-12:00pm – Weightroom

V – 12:00-2:00pm and 7:00-9:00pm – Turf

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JV – 3:00-4:45pm – Grass

B – 3:00-4:30pm – Grass

9 – 3:00-4:30pm – Grass

### **Sa 8/20**

V – Scrimmages at Edina

JV – Scrimmages at Edina

### **M 8/22**

V – 12:00-2:00pm and 7:00-9:00pm – Turf

JV – 3:00-4:45pm – Grass

B – 3:00-4:30pm – Grass

9 – 3:00-4:30pm – Grass

### **Tu 8/23**

All Teams – 12:00pm – Team Pictures – Turf

V – 6:30-7:00pm – Weightroom

V – 7:00-9:00pm – Turf

JV – 2:30-3:00pm – Weightroom

JV – 3:00-4:45pm – Grass

B – 2:30-3:00pm – Weightroom

B – 3:00-4:30pm – Grass

9 – 2:30-3:00pm – Weightroom

9 – 3:00-4:30pm – Grass

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### **W 8/24**

V – 7:00-9:00pm – Turf

JV – 3:00-4:45pm – Grass

B – 3:00-4:30pm – Grass

9 – 10:00-11:30am – Grass

### **Th 8/25**

V – Match at Como

JV – Match at Como

B – Match vs Como

9 – Match vs Como

### **F 8/26**

V – 3:00-3:30pm – Weightroom

V – 3:30-5:00pm – Turf/Softball Turf

JV – 2:30-3:00pm – Weightroom

JV – 3:00-4:45pm – Grass

B – 2:30-3:00pm – Weightroom

B – 3:00-4:30pm – Grass

### **Sa 8/27**

V – 4:00-6:00pm – Turf

### **M 8/29**

V – Match at Harding

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### **JV – Match at Harding**

B – 3:00-4:30pm – Grass

9 – 3:00-4:30pm – Grass

### **Tu 8/30**

#### **V – Match vs Humboldt**

#### **JV – Match vs Humboldt**

B – 3:00-4:30pm – Grass

B – 4:30-5:00pm – Weightroom

#### **9 – Match vs Humboldt**

### **W 8/31**

V – 7:00-9:00pm – Softball Turf thenTurf

JV – 3:00-4:45pm – Grass

JV – 4:45-5:15pm – Weightroom

B – 3:00-4:30pm – Grass

B – 4:30-5:00pm – Weightroom

9 – 3:00-4:30pm – Grass

9 – 4:30-5:00pm – Weightroom

### **Th 9/1**

#### **V – Match at Apple Valley**

#### **JV – Match at Apple Valley**

#### **B – Match vs Apple Valley**

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**9 – Match vs Apple Valley**

**F 9/2**

V – 9:30-10:00am – Weightroom

V – 10:00am-12:00pm – Turf

**M 9/5**

V – 6:30-7:00pm – Weightroom

V – 7:00-9:00pm – Turf

**Tu 9/6**

**V – 5:00pm – Match vs Tartan**

**JV – 4:45pm – Match at Tartan**

**B – 3:30pm – Match at Tartan**

9 – 3:00-4:30pm – Grass

9 – 4:30-5:00pm – Weightroom

**W 9/7**

**V – 5:00pm – Match vs Forest Lake**

**JV – 4:15pm – Match vs Forest Lake**

B – 4:30-6:00pm – Grass

9 – 3:00-4:30pm – Grass

**Th 9/8**

V – 6:30-7:00pm – Weightroom

V – 7:00-9:00pm – Turf

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JV – 3:00-4:45pm – Grass

**B – 4:15pm – Match at Forest Lake**

**9 – 4:15pm – Match vs Forest Lake**

### **F 9/9**

V – 3:30-5:00pm – Turf

JV – 3:00-4:30pm – Grass

JV – 4:30-5:00pm – Weightroom

### **Sa 9/10**

**V – 12:00pm – Match at Hill Murray**

### **M 9/12**

**V – Match at Park**

JV – 3:00-4:45pm – Grass

B – 3:00-4:30pm – Grass

**9 – Match at Park**

### **Tu 9/13**

V – 6:30-7:00pm – Weightroom

V – 7:00-9:00pm – Softball Turf then Turf

**JV – Match at Park**

B – 3:00-4:30pm – Grass

9 – 3:00-4:30pm – Grass

9 – 4:30-5:00pm – Weightroom

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### **W 9/14**

**V – Match vs Mounds View**

JV – 3:00-4:45pm – Grass

JV – 4:45-5:15pm – Weightroom

B – 3:00-4:30pm – Grass

**9 – Match vs Mounds View**

### **Th 9/15**

V – 6:30-7:00pm – Weightroom

V – 7:00-9:00pm – Turf

**JV – Match vs Mounds View**

**B – Match at Mounds View**

9 – 3:00-4:30pm – Grass

9 – 4:30-5:00pm – Weightroom

### **F 9/16**

V – 3:30-5:00pm – Turf

JV – 3:00-4:30pm – Grass

JV – 4:30-5:00pm – Weightroom

### **Sa 9/17**

**V – Match at STA**

**JV – Match at STA**

**B – Match at STA**

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**9 – Match at STA**

### **M 9/19**

V – 6:30-7:00pm – Weightroom

V – 7:00-9:00pm – Turf

JV – 3:00-4:45pm – Grass

B – 3:00-4:30pm – Grass

9 – 3:00-4:30pm – Grass

### **Tu 9/20**

**V – Match at Roseville**

**JV – Match at Roseville**

**B – Match vs Roseville**

9 – 3:00-4:30pm – Grass

9 – 4:30-5:00pm – Weightroom

### **W 9/21**

V – 7:00-9:00pm – Turf

JV – 3:00-4:45pm – Grass

JV – 4:30-5:00pm – Weightroom

B – 3:00-4:30pm – Grass

**9 – Match vs East Ridge**

### **Th 9/22**

**V – Match vs East Ridge**



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**JV – Match vs East Ridge**

**B – Match at East Ridge**

9 – 3:00-4:30pm – Grass

9 – 4:30-5:00pm – Weightroom

**F 9/23**

V – 3:30-4:00pm – Weightroom

**Sa 9/24**

V – 4:00-6:00pm – Turf

**M 9/26**

V – 6:30-7:00pm – Weightroom

V – 7:00-9:00pm – Turf

JV – 3:00-4:45pm – Grass

**B – Match vs Como**

**9 – Match at Woodbury**

**Tu 9/27**

**V – Match at Woodbury**

**JV – Match at Woodbury**

**B – Match vs Woodbury**

9 – 3:00-4:30pm – Turf

9 – 4:30-5:00pm – Weightroom

**W 9/28**

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V – 7:00-9:00pm – Turf

JV – 3:00-4:45pm – Grass

JV – 4:45-5:15pm – Weightroom

B – 3:00-4:30pm – Grass

9 – Match vs Irondale

**Th 9/29**

V – Match vs Irondale

JV – Match vs Irondale

B – 3:00-4:30pm – Grass

9 – 3:00-4:30pm – Grass

9 – 4:30-5:00pm – Weightroom

**F 9/30**

V – 3:30-5:00pm – Turf

V – 5:30-6:00pm – Weightroom

JV – 3:00-4:30pm – Grass

JV – 4:30-5:00pm – Weightroom

**M 10/3**

V – 7:00-9:00pm – Turf

JV – 3:00-4:45pm – Grass

B – 3:00-4:30pm – Grass

9 – 3:00-4:30pm – Grass

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### **Tu 10/4**

V – Match at White Bear Lake

JV – Match at White Bear Lake

B – Match vs White Bear Lake

9 – 3:00-4:30pm – Grass

### **W 10/5**

V – 3:15-5:00pm – Turf

JV – 3:00-4:45pm – Grass

B – 3:00-4:30pm – Grass

9 – Match vs Stillwater

### **Th 10/6**

V – Match vs Stillwater

JV – Match vs Stillwater

B – Match at Stillwater

9 – 3:00-4:30pm – Grass

### **F 10/7**

V – 3:30-5:00pm – Turf

### **Sa 10/8**

V – 4:00-6:00pm – Turf

9 – Match vs Minneapolis Southwest