

Junior Varsity Red Practice/Games 2012

Subject to change due to weather/conflicts: Can switch soccer to be in the in period and conditioning after school at Lowery.

Check Hotline for any changes: 972-260-9301

Mon Jan 2: 2:30-4:30pm optional

Tues Jan 3 : 8-8:50am Light practice **Scrimmage home v Marcus 4:30pm**

Wed Jan 4: 8-8:50am conditioning 3:45-5pm soccer practice at Lowery

Thurs Jan 5 8-8:50am speedwork/soccer

Fri Jan 6: Pictures 8-9:15am at High school. After school optional watch JV Navy /Varsity scrim

Mon Jan 9: 8-8:50am soccer **Scrimmage away at Hebron 4:30pm** Leave Lowery 3:15pm

Tues Jan 10 8-8:50am recovery stretch/tactics Watch JV Navy/varsity scrim 5:30pm optional

Wed Jan 11: 8-8:50am conditioning 3:45-5pm soccer practice at Lowery

Thurs Jan 12 8-8:50 soccer practice. After school 3:45-4:30pm weights/speedwork

Fri Jan 13: 8:15-9:15am study hall: **Game v Bishop Lynch 3:30pm at track stadium**

Sat Jan 14: games v **Coppell 10:30am at Ford and Flower Md 3:30pm at track**

Mon Jan 16: Staff Development Day Game at 4:30pm v HSAA at track stadium

Tues Jan 17 8-8:50am stretch/speed/weights

Wed Jan 18 8-8:50am soccer tactics Soccer practice 3:45-5pm at Lowery

Thurs Jan 19 8:15-9:15am study Hall **game at Berkner v Lovejoy 2:20pm Leave 12:45pm**

Fri Jan 20 8-8:50am stretch/tactics **game at Wildcat v Frisco 8:30pm leave 6:30pm from Lowery**

Sat Jan 21 **Game at Pearce v Pearce 11:30am leave 10am Finals in afternoon**

Mon Jan 23 8-8:50 weights/conditioning Practice 3: 45-5pm at Lowery

Tues Jan 24 8:15-9:15 am study hall **Game away v Wylie East 5:30pm Leave 4pm**

Wed Jan 25 8-8:50am recovery stretch/tactics

Thurs Jan 26 8-8:50am conditioning/soccer 3:45-5pm soccer practice at Lowery

Fri Jan 27 8:15-9:15am study hall **Game Home v McKinney 4:15pm at track**

Mon Jan 30 8-8:50am conditioning/tactics 3: 4-5pm soccer practice at Lowery

Tues Jan 31 8:15-9:15am study hall **Game home v Frisco Heritage 4:15pm at Ford**

Wed Feb 1st 8-8:50am conditioning/tactics 3:45-5pm soccer practice at Lowery

Thurs Feb 2 8-8:50am tactics **Coach Stewart leaves on honeymoon**

Fri Feb 3 8:15-9:15am study hall **Away v McKinney 4:30pm leave 3 :15pm**

Mon Feb 6 8-8:50am conditioning/weights 3:45-5pm soccer practice at Lowery with Paxton

Tues Feb 7 8:15-9:15am study hall **Away to McKinney Boyd 4:30pm Leave 3:15pm with Paxton**

Wed Feb 8 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery with Albury

Thurs Feb 9 8-8:50am Soccer tactics

Fri Feb 10 8:15-9:15am study hall **Home Game v Flower Md 4:30pm with Albury**

Mon Feb 13 8-8:50am conditioning/tactics 3:45-5:pm soccer practice at lowery with Paxton

Tues Feb 14 8:15-9:15am Study Hall **Game Home v Coppell 4:30pm at track with Paxton**

Wed Feb 15 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery with Albury

Thurs Feb 16 8-8:50am Soccer tactics **Coach Stewart returns**

Fri Feb 17 8:15-9:15am study hall **Game Home v Marcus 4:30pm**

Mon Feb 20th Staff Development 2;30-4:30pm practice/conditioning

Tues Feb 21 8:15-9:15am study hall **Game Home to Hebron 4:30pm**

Wed Feb 22 8-8:50 am recovery stretch/tactics

Thurs Feb 23 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery

Fri Feb 24 8:15-9:15am study hall **Away v Flower Mound 4:30pm Leave 3pm**

Mon Feb 27 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery

Tues Feb 28 8:15-9:15am study hall **Away to Coppell 4:30pm Leave 3pm**

Wed Feb 29 8-7:50am recovery stretch/tactics

Thurs March 1st 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery

Fri March 2nd 8:15-9:15am study hall **Home v McKinney Boyd 4:30pm**

Mon March 5th 8-8:50am conditioning/ tactics **game Away to Marcus 4:30pm Leave 3pm**

Tues March 6th TAKS

Wed March 7th 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery

Thurs March 8th 8-8:50am soccer tactics

Fri March 9th 8-8:50am Study Hall **Away to Rockwall 5:30pm leave 4pm**

Spring Break March 12-16

No JV practices. Off entire week

Mon March 19 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery

Tues March 20 8:15-9:15am study hall **Away v Marcus 4:30pm Leave 3pm**

Wed March 21 8-8:50am stretch/tactics

Thurs March 22 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery

Fri March 23 8:15-9:15am study hall **Game Away to Hebron 4:30pm Leave 3:15pm**

Mon March 26 8-8:50am conditioning/soccer 3:45-5:pm soccer practice at Lowery

Tues March 27 8:15-9:15am Study Hall **Home v Flower Mound 4:30pm**

Senior Appreciation Night : 7:30pm