

Summer 2008

**Hickory Grove Baptist Christian School**  
**Men's Varsity Soccer**  
**{Team "Off-Season" Calendar}**

**Last Revised:**  
**5/19/2008**

<u>Date</u>		<u>Running</u>	<u>Sit-Ups/Push-Ups</u>	<u>Conditioning</u>	<u>Skills Work</u>	<u>Play</u>
		<i>(Daily in Miles-AM/PM)</i>	<i>(Daily-Anytime)</i>	<i>(Jumping Rope, etc.)</i>	<i>(Juggling, Dribbling)</i>	<i>(Record Playing Time)</i>
<b>May</b>	26	.5 (a.m.) / .5 (p.m.)	25/25	5 min	5 min	
(Tues)	27	.5 (a.m.) / .5 (p.m.)	25/25	5 min	5 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed)	28	<i>Mandatory Rest Day - Devotion Notebook (Psalms 119:9-16)</i>				
(Thurs)	29	.5 (a.m.) / 1 (p.m.)	25/25	5 min	5 min	HGCS Soccer Field - 7 - 9 p.m.
(Fri)	30	.5 (a.m.) / 1 (p.m.)	25/25	5 min	5 min	
(Sat)	31	.5 (a.m.) / 1 (p.m.)	25/25	5 min	5 min	
<b>June</b>	2	1 (a.m.) / 1 (p.m.)	45/45	10 min	10 min	
(Tues)	3	1 (a.m.) / 1 (p.m.)	45/45	10 min	10 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed)	4	<i>Mandatory Rest Day - Devotion Notebook (Proverbs 22:1-6)</i>				
(Thurs)	5	1 (a.m.) / 1.5 (p.m.)	45/45	10 min	10 min	HGCS Soccer Field - 7 - 9 p.m.
(Fri)	6	1 (a.m.) / 1.5 (p.m.)	45/45	10 min	10 min	
(Sat)	7	1 (a.m.) / 1.5 (p.m.)	45/45	10 min	10 min	
(Mon)	9	1.5 (a.m.) / 1.5 (p.m.)	65/65	15 min	15 min	
(Tues)	10	1.5 (a.m.) / 1.5 (p.m.)	65/65	15 min	15 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed)	11	<i>Mandatory Rest Day - Devotion Notebook (John 3:14-21)</i>				
(Thurs)	12	1.5 (a.m.) / 2 (p.m.)	65/65	15 min	15 min	HGCS Soccer Field - 7 - 9 p.m.
(Fri)	13	1.5 (a.m.) / 2 (p.m.)	65/65	15 min	15 min	
(Sat)	14	1.5 (a.m.) / 2 (p.m.)	65/65	15 min	15 min	
(Mon)	16	2 (a.m.) / 2 (p.m.)	85/85	20 min	20 min	
(Tues)	17	2 (a.m.) / 2 (p.m.)	85/85	20 min	20 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed)	18	<i>Mandatory Rest Day - Devotion Notebook (Daniel 1)</i>				
(Thurs)	19	2 (a.m.) / 2.5 (p.m.)	85/85	20 min	20 min	HGCS Soccer Field - 7 - 9 p.m.
(Fri)	20	2 (a.m.) / 2.5 (p.m.)	85/85	20 min	20 min	

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(Sat) 21	2 (a.m.) / 2.5 (p.m.)	85/85	20 min	20 min	
(Mon) 23	2.5 (a.m.) / 2.5 (p.m.)	105/105	25 min	25 min	
(Tues) 24	2.5 (a.m.) / 2.5 (p.m.)	105/105	25 min	25 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed) 25	<i>Mandatory Rest Day - Devotion Notebook (Colossians 2:1-10)</i>				
(Thurs) 26	2.5 (a.m.) / 3 (p.m.)	105/105	25 min	25 min	HGCS Soccer Field - 7 - 9 p.m.
(Fri) 27	2.5 (a.m.) / 3 (p.m.)	105/105	25 min	25 min	
(Sat) 28	2.5 (a.m.) / 3 (p.m.)	105/105	25 min	25 min	
(Mon) 30	3 (a.m.) / 3 (p.m.)	125/125	30 min	30 min	
<b>July</b> 1	3 (a.m.) / 3 (p.m.)	125/125	30 min	30 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed) 2	<i>Mandatory Rest Day - Devotion Notebook (Phillipians 1:1-11)</i>				
(Thurs) 3	3 (a.m.) / 3.5 (p.m.)	125/125	30 min	30 min	No Soccer Activity - July 4th Holiday
(Fri) 4	3 (a.m.) / 3.5 (p.m.)	125/125	30 min	30 min	
(Sat) 5	3 (a.m.) / 3.5 (p.m.)	125/125	30 min	30 min	
(Mon) 7	3.5 (a.m.) / 3.5 (p.m.)	145/145	35 min	35 min	
(Tues) 8	3.5 (a.m.) / 3.5 (p.m.)	145/145	35 min	35 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed) 9	<i>Mandatory Rest Day - Devotion Notebook (Ephesians 6:1-3)</i>				
(Thurs) 10	3.5 (a.m.) / 4 (p.m.)	145/145	35 min	35 min	HGCS Soccer Field - 7 - 9 p.m.
(Fri) 11	3.5 (a.m.) / 4 (p.m.)	145/145	35 min	35 min	
(Sat) 12	3.5 (a.m.) / 4 (p.m.)	145/145	35 min	35 min	
(Mon) 14	4 (a.m.) / 4 (p.m.)	165/165	40 min	40 min	
(Tues) 15	4 (a.m.) / 4 (p.m.)	165/165	40 min	40 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed) 16	<i>Mandatory Rest Day - Devotion Notebook (II Timothy 4:1-8)</i>				
(Thurs) 17	4 (a.m.) / 4.5 (p.m.)	165/165	40 min	40 min	HGCS Soccer Field - 7 - 9 p.m.
(Fri) 18	4 (a.m.) / 4.5 (p.m.)	165/165	40 min	40 min	
(Sat) 19	4 (a.m.) / 4.5 (p.m.)	165/165	40 min	40 min	

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(Mon) 21	4.5 (a.m.) / 4.5 (p.m.)	185/185	45 min	45 min	
(Tues) 22	4.5 (a.m.) / 4.5 (p.m.)	185/185	45 min	45 min	HGCS Soccer Field - 7 - 9 p.m.
(Wed) 23	<i>Mandatory Rest Day - Devotion Notebook (Romans 12:1-3)</i>				
(Thurs) 24	4.5 (a.m.) / 5 (p.m.)	185/185	45 min	45 min	HGCS Soccer Field - 7 - 9 p.m.
(Fri) 25	4.5 (a.m.) / 5 (p.m.)	185/185	45 min	45 min	
(Sat) 26	<i>Charlotte Eagles Team Camp Begins: Saturday, July 26 - Wednesday, July 30</i>				

***HGBCS Varsity Men's Soccer Tryout - Friday, August 1 - MANDATORY!***