

Lady Scots CC Practice Schedule

July 27th - August 7th

- Monday, July 27th - Tryouts @ 6:00 a.m.-8:45 a.m. @ Norbuck Park
- Tuesday, July 28th - Tryouts @ 6:00 a.m.-8:45 a.m. @ Norbuck Park
- Wednesday, July 29th - Tryouts @ 6:00 a.m.-8:45 a.m. @ Norbuck Park
- Thursday, July 30th - Tryouts @ 6:00 a.m.-8:45 a.m. @ TP Hill @ White Rock Lake
- Friday, July 31st - Tryouts @ 6:00 a.m.-8:45 a.m. @ Norbuck Park
- Saturday, August 1st - Team Community Service Project - the details will be sent later. It will be in the morning.
- Monday, August 3rd - Tryouts @ 6:00 a.m.-8:45 a.m. @ Norbuck Park
- Tuesday, August 4th - Tryouts @ 6:00 a.m.-8:45 a.m. @ TP Hill @ White Rock Lake
- Wednesday, August 5th - Athletes Meet with Coaches @ 6:00 a.m.-8:15 a.m. @ Highlander Stadium
 - Nutritionist Meeting for Athletes and Parents - 9:30 a.m. @ Clements Leadership Center
 - Cross Training Day - Elliptical or Stationary Bike - 35' for beginners and 60' for returners - heart rate 140-190 bpm
- Thursday, Aug. 6th - Practice 6:00 a.m.-8:45 a.m. @ Norbuck Park.
- Friday, Aug. 7th - Team/Individual Pictures @ 7:00 a.m. We will let you know the location asap - please be there by 6:45 a.m. The captains will tell you what to wear. Please make sure your top covers your stomach.
 - Cross Training Day - Elliptical or Stationary Bike - 35' for beginners and 60' for returners - heart rate 140-190 bpm

******Friday, Aug. 7th - Parent/Athlete Meeting
- 5:00 p.m.-7:00 p.m. @ the Clements
Leadership Center. This meeting is mandatory
for the athlete and at least one parent.**