

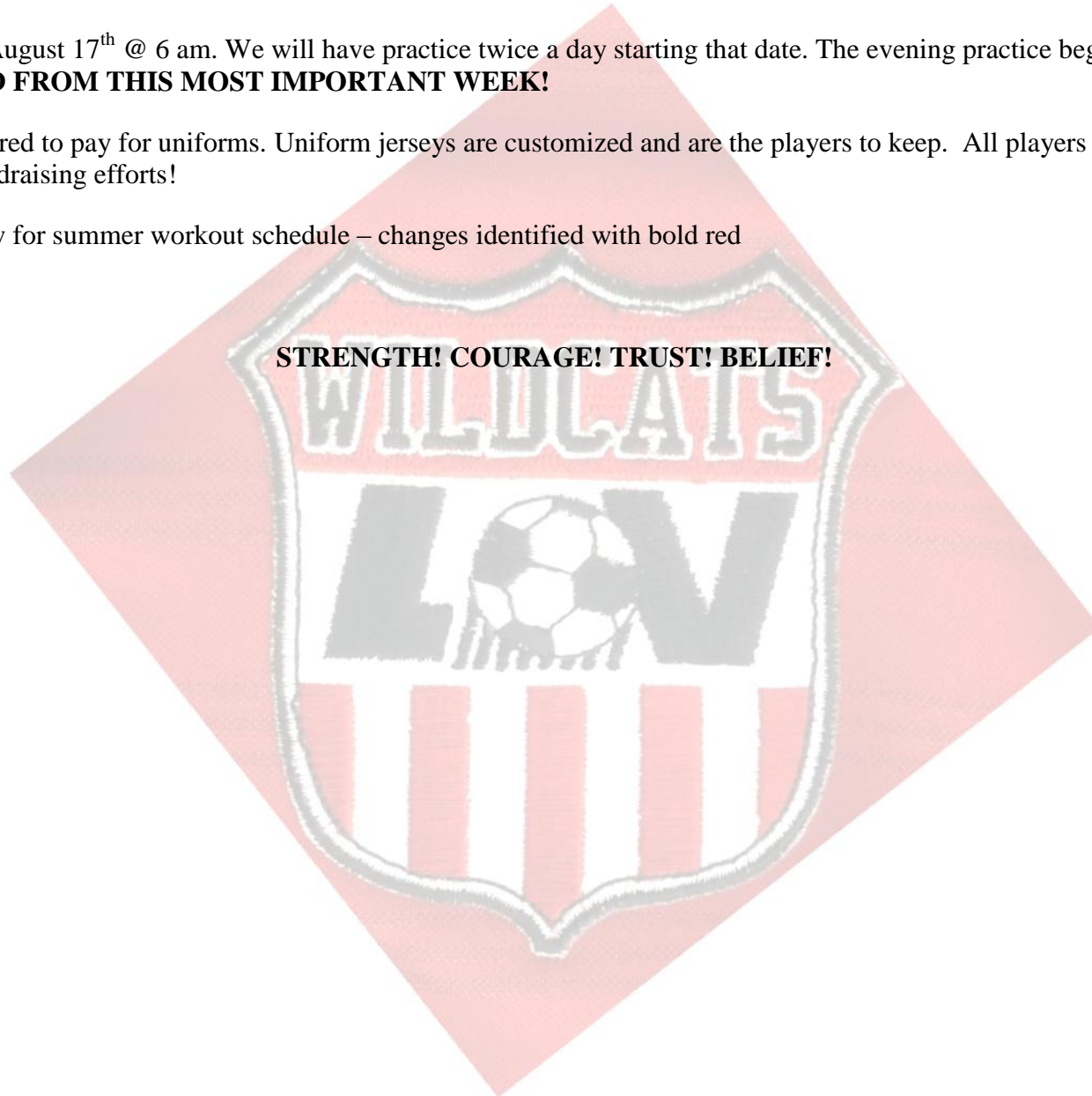
All athletes must have an athletic packet on file before tryouts begin. They are available for purchase for \$25 in the athletic office. Players must have a physical as part of the athletic packet. The physical is good for 2 years (those players who had a new physical for the 2008-2009 do not need a new one). No exceptions, no excuses.

Practice/tryouts start on August 17th @ 6 am. We will have practice twice a day starting that date. The evening practice begins at 6 pm. **NO ONE IS or WILL BE EXCUSED FROM THIS MOST IMPORTANT WEEK!**

All players must be prepared to pay for uniforms. Uniform jerseys are customized and are the players to keep. All players who make a team must be prepared to join in all fundraising efforts!

Please see schedule below for summer workout schedule – changes identified with bold red

STRENGTH! COURAGE! TRUST! BELIEF!



Please visit <http://lvwildcats.com/> for information/changes

Bring workout clothes and shoes for strength training. Bring running shoes and cleats for field training. All training takes place at Las Vegas High School

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 Strength Training 8:30- 9:30 Field Training 9:30-10:30	10 Strength Training 8:30- 9:30 Field Training 9:30-10:30	11 Strength Training 8:30- 9:30 Field Training 9:30-10:30	12 Off	13
14	15 Strength Training 8:30- 9:30 Field Training 9:30-10:30	16 Field Training 9:30-10:30	17 Strength Training 8:30- 9:30 Field Training 9:30-10:30	18 Strength Training 8:30- 9:30 Field Training 9:30-10:30	19 Off	20
21	22 Off	23 Off	24 Off	25 Off	26 Off	27
28	29 Strength Training 8:30- 9:30 Field Training 9:30-10:30	30 Field Training 9:30-10:30				

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Strength Training 8:30-9:30 Indoor 9:30-11 am (bring indoor shoes/ shinguards)	2 Intramurals 6-8 pm	3 Off	4
5	6 Strength Training 8:30-9:30 Indoor 9:30-11 am (bring indoor shoes/shinguards)	7 Intramurals 6-8 pm	8 Strength Training 8:30-9:30 Indoor 9:30-11 am (bring indoor shoes/ shinguards)	9 Intramurals 6-8 pm	10 Off	11
12	13 Strength Training 8:30-9:30 Indoor 9:30-11 am (bring indoor shoes/ shinguards)	14 Intramurals 6-8 pm	15 Strength Training 8:30-9:30 Indoor 9:30-11 am (bring indoor shoes/ shinguards)	16 Intramurals 6-8 pm	17 Off	18
19	20 Strength Training 8:30-9:30 Indoor 9:30-11 am (bring indoor shoes/ shinguards)	21 Intramurals 6-8 pm	22 Strength Training 8:30-9:30 Training 9:30-10:30	23 Intramurals 6-8 pm	24 Off	25
26	27 Strength Training 8:30-9:30 Indoor 9:30-11 am (bring indoor shoes/ shinguards)	28 Intramurals 6-8 pm	29 Strength Training 8:30-9:30 Indoor 9:30-11 am (bring indoor shoes/ shinguards)	30 Intramurals 6-8 pm	31 Off	

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Off	4 Off	5 Off	6 Off	7 Off	8
9	10 Training/Conditioning 6-8 am (running shoes/cleats)	11 Training/Conditioning 6-8 am (running shoes/cleats)	12 Training/Conditioning 6-8 am (running shoes/cleats)	13 Training/Conditioning 6-8 am (running shoes/cleats)	14 Training/Conditioning 6-8 am (running shoes/cleats)	15
16	17 Tryouts (mandatory) 6am & 6 pm (running shoes/cleats/shinguards)	18 Tryouts (mandatory) 6am & 6 pm (running shoes/cleats/shinguards)	19 Tryouts (mandatory) 6am & 6 pm (running shoes/cleats/shinguards)	20 Tryouts (mandatory) 6am & 6 pm (running shoes/cleats/shinguards)	21 Tryouts (mandatory) 6am & 6 pm (running shoes/cleats/shinguards)	22
23	24 Practice after school	25 Practice after school	26 Practice after school	27 Practice after school	28 Practice after school	29
30	31 Practice after school					