## **S**tow-Munroe Falls High School Soccer bulldogfc1966.com

Sun Mon Tue Wed Thu Fri Sat

1

2	3	4	5	6	7	8
9	10 Practice (1) 9:00-11:30	11 Strength training with Coach Renard 9:00-10:00	12	Strength training with Coach Renard 9:00-10:00	<b>14</b> Practice (2) 9:00-11:30	15
16	17 Practice (3) 9:00-11:30	18 Strength training with Coach Renard 9:00-10:00	19	Strength training with Coach Renard 9:00-10:00	<b>21</b> Practice (4) 9:00-11:30	22
23	24	25 Strength training with Coach Renard 9:00-10:00	26	Strength training with Coach Renard 9:00-10:00	28 Practice (5) 9:00-11:30	<b>29</b> @ Avon Lake (6)
20	This is a tentative colondar and subject to change. Places shock					

This is a tentative calendar and subject to change. Please check bulldogfc1966.com to see updates.

Tryouts begin August 1. June and July are voluntary.

July 2024 August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	<b>8</b> @ Hudson 7:00 PM (7)	Strength training with Coach Renard 9:00-10:00 @ Twinsburg 6:00 (8)	10	11 Strength training with Coach Renard 9:00-10:00	12 Conditioning HS track 9:00-10:30	13
<b>14</b> @ Canfield (9)	15 Light recovery 9:00-9:45	16 Strength training with Coach Renard 9:00-10:00	17 Hailey Hopkins Brunswick 6:00 (10)	18 Strength training with Coach Renard 9:00-10:00	19	<b>20</b> @ Clayton Northmont (11)
<b>21</b> @ Clayton Northmont (12)	<b>22</b> Light recovery 9:00-9:45	23 Strength training with Coach Renard 9:00-10:00	24	25 Strength training with Coach Renard 9:00-10:00	<b>26</b> @ Strongsville (13)	<b>27</b> @ Strongsville (14)
28	<b>29</b> Practice (15) 10:00-12:00 turf	30 Practice (16) 10:00-12:00 turf	<b>31</b> Practice (17) 10:00-12:00 turf			

<b>August 2024</b> Septembe						
Sun	Mon	Tue	Wed	Thu 1 Practice 3:00-5:30 Turf	Fri 2 Scrimmage @ Glenoak 5:00/7:00	Sat 3
4	<b>5</b> Practice 3:00-5:30 Turf	6 Scrimmage Revere 5:00/7:00	<b>7</b> Practice 3:00-5:30 Turf	8 Practice 3:00-5:30	9 Practice 3:00-5:30 Picture day Turf	10 Scrimmage Olmsted Falls 5:00/7:00
11	12 Practice 3:00-5:00 Team picnic at Hudson Springs Park	13 Scrimmage Home Copley 2:00/4:00 6:00 Fall sport ath dept parent meeting	<b>14</b> Practice 3:00-5:30	<b>15</b> Practice 3:00-5:00	16 Practice 3:00-4:30 Turf	17 Jackson 5:00/7:00 Meet the team in the day
18	<b>19</b> Practice 3:00-5:30	<b>20</b> Lake 5:00/7:00	<b>21</b> Practice 3:00-5:00	<b>22</b> Practice 3:00-5:00	23 Practice 3:00-4:30	<b>24</b> Kent 5:00/7:00
25	<b>26</b> Practice 3:00-5:00	<b>27</b> @ Hudson 5:00/7:00	<b>28</b> Practice 3:00-5:00	<b>29</b> Practice 3:00-5:00	<b>30</b> Practice 3:00-4:00	<b>31</b> Akron North 5:00/7:00

■ August September 2024						October ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day Practice 6:00-7:30 PM	<b>3</b> Solon 5:00/7:00	4 Practice 3:00-5:00	<b>5</b> Practice 3:00-5:00	6 Practice 3:00-4:30 (Turf)	<b>7</b> @ Hoban 1:00/3:00
8	9 Practice 3:00-4:30 (turf)	10 Brecksville 5:00/7:00	11 Practice 3:00-5:00	<b>12</b> Practice 3:00-5:00	Practice 3:00-4:00 (turf split)	14 Louisville 5:00/7:00
15	16 Practice 3:00-5:00	<b>17</b> @ North Royalton 5:30/7:15	<b>18</b> Practice 3:00-5:00	<b>19</b> Practice 3:00-5:00	<b>20</b> Practice 3:00-4:30	<b>21</b> @ CVCA 5:00/7:00
22	23 Practice 3:00-5:00	<b>24</b> Wadsworth 5:00/7:00	25 Practice 3:00-5:00	26 Practice 3:00-5:00	No Practice Homecoming Parade	28 Cuyahoga Falls 10:00/12:00
29	30 Practice 3:00-5:00 (turf)			1	1	

September		0	ctober 20		November ►	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Nordonia 5:00/7:00	Practice 3:00-5:00	3 Practice 3:00-5:00	4 Practice 3:00-4:30 (turf split)	<b>5</b> @ North Canton Hoover 5:00/7:00
6	7 Practice 3:00-4:30 (turf)	8 @ Twinsburg 5:00/7:00	9 Practice 3:00-5:00	<b>10</b> Practice 3:00-5:00	11 Practice 10:00-12:00 (turf)	12
13	14 Practice 3:00-5:00	15 Practice 3:00-5:00	16 Jackson 6:00 Varsity Only	17 Practice 7:00-9:00 (turf)	18 Practice 1:00-2:30 (turf)	19 Practice 4:30-6:30 (turf)
20	<b>21</b> Practice 3:00-5:00 (turf)	Practice 6:00-7:30 (turf)	23 Lakewood 7:00 Winner goes to Copley on Saturday 4:00	24	25	26
27	28	29	30	31		