SQUIRTS / U10
DAILY SCHEDULE
WEEK 8 (August 10 - August 13)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:15	Golf (Lessons)
11:00 - 12:00	Ice
12:15 - 1:00	Lunch
1:00 - 2:00	Plyometrics / Dryland
2:00 - 4:00	Field Trip
4:00 - 5:00	Pick-up

TIME	TUESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:45	Golf (On-Course)
10:30 - 11:30	Ice
11:30 - 12:15	Lunch
12:15 - 1:15	Plyometrics / Dryland
1:30 - 2:30	Shooting room
2:30 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:15	Ice
9:30 -10:30	Between the Pines
11:00 - 11:45	Lunch
11:45 - 12:30	Field Time - Organized Games
12:45	Depart for Como Zoo
3:15	Depart for CHS
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:15	Between the Pines
9:45 - 10:45	Ice
11:00 - 11:45	Lunch
12:00 - 1:00	Shooting room
1:00 - 2:00	Plyometrics / Dryland
2:00 - 4:00	Field Time/ Organized Games/ Indoor
4:00 - 5:00	Pick-up

SQUIRTS / U10
DAILY SCHEDULE
WEEK 9 (August 17 - August 20)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:15	Field Time - Organized Games
10:45 - 11:45	Ice
12:00 - 12:45	Lunch
12:45 - 1:45	Plyometrics / Dryland
2:00 - 3:30	Field Trip- Fun City *Waiver needed*
4:00 - 5:00	Pick-up

TIME	TUESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Golf Championship at Island Lake
11:00 - 12:00	Ice
12:00 -12:45	Lunch
1:00 - 2:00	Plyometrics / Dryland
1:30 - 2:30	Shooting room
2:30 - 4:00	Field Time / Inside activities
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:15 - 12:15	Ice
12:30 - 1:00	Lunch
1:00 - 2:00	Outdoor/Indoor free time
2:15 - 4:15	USA Track and Field (CHS Track)
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:15	Between the Pines
9:45 - 10:45	Ice
11:00 - 11:45	Lunch
12:00 - 1:00	Shooting room
1:00 - 2:00	Plyometrics / Dryland
2:00 - 4:00	Field Time/ Organized Games/ Indoor
4:00 - 5:00	Pick-up

SQUIRTS / U10
DAILY SCHEDULE
WEEK 10 (August 24 - August 27)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:15	Field Time - Organized Games
10:45 - 11:45	Ice
11:45 - 12:15	Lunch
12:15 - 1:15	Outdoor / Indoor Activities
1:30 - 3:00	Field Trip
3:30 - 4:00	Outside Field Time
4:00 - 5:00	Pick-up

TIME	TUESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Outdoor / Indoor Activities
11:00 - 12:00	Ice
12:15 - 12:45	Lunch
1:00 - 3:30	Movie Theater
3:30 - 4:00	Outside Field Time
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:15 - 12:15	Ice
12:15 - 12:45	Lunch
12:45 - 3:00	Field Trip
3:30 - 4:00	Outside Field Time
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:15	Between the Pines
9:45 - 10:45	Ice
11:00 - 11:45	Lunch
12:00 - 3:00	Field Trip
3:30 - 4:00	Outside Field Time
4:00 - 5:00	Pick-up