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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AUGUST**  26 |  27 |  28 |  29 |  30 |  31FROSH! | **SEPTEMBER** 1FROSH! |
|  2**Labor Day** |  3 |  4 |  5 |  6 |  7Early Bird TournamentScarborough Campus |  8 |
|  9Forbes 6:30-8:30 am |  10 |  11Team Training 7:00-8:00 am |  12 |  13Molson Stadium6:30 – 8:30 am |  14 |  15Game @ UG |
|  16Forbes 6:30-8:30 am |  17 |  18Team Training 7:00-8:00 am |  19 |  20Molson Stadium6:30 – 8:30 am**“Welcome” Night** |  21 |  22Alumni GameField TBD |
|  23Forbes 6:30-8:30 am |  24 |  25Team Training 7:00-8:00 am |  26 |  27Molson Stadium6:30 – 8:30 am |  28Game @ Trent |  29Games @ Trent |
|  30Forbes 6:30-8:30 am | **OCTOBER** 1 |  2Team Training 7:00-8:00 am |  3 |  4Molson Stadium6:30 – 8:30 am |  5Games @ UOIT |  6 |
|  7Forbes 6:30-8:30 am |  8 |  9Team Training 7:00-8:00 am |  10 |  11Molson Stadium6:30 – 8:30 am |  12TBD |  13TBDSt Mike’s Playday? |
|  14**CA Thanksgiving** |  15 |  16 |  17 |  18 |  19 |  20 |

**Practice Lay Out:**

**Monday:** Morning Practice @ Forbes (6:30 – 8:30 am)

**Tuesday:**

**Wednesday:**  Team Training (7-8 am)

**Thursday:**

**Friday:**  Morning Practice @ Molson (6:30 – 8:30 am)

**COACH: Kaitlin Soye**

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**Molson Stadium** & **Forbes Field** – turf surface; cleats, turf shoes or cross-training shoes

**LC = Lower Campus Field** – grass surface; cleat or turf shoes only

**WHAT ELSE TO BRING:** (besides practice gear)

* water, sport drink
* snack to eat directly after each practice (to refuel carbs loss in practice) – within 15 minutes post-exercise
	+ fruit,**,** bagel or other breads, sandwich**,** dry cereal, chocolate milk, juice**,** energy bar**,** yogurt….

**NOTE: it is very important to further replenish carbs and provide protein for muscle repair 1-2 hours post-exercise.** Please plan your day so that you can have a more substantial breakfast later in the morning. You should aim for 4:1 ratio of carbs to proteins. For female athletes, aim for 60g carbs and 15g protein.