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

kaitlin.soye@mail.mcgill.ca

**TRAINER: Danielle**

Danielle.tohill@mail.mcgill.ca

**CAPTAINS: Natalie Hiles & Maddie Berrang**

natalie.hiles@mail.mcgill.ca

maddie.berrang18@gmail.com

**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.