SQUIRTS / U10
DAILY SCHEDULE
WEEK 1 (June 15 - June 18)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Golf (Lessons)
11:30 - 12:30	Ice
12:30 - 1:15	Lunch
1:30 - 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
8:30 - 10:30	Golf (On-Course)
11:00 - 11:50	Lunch
12:00 - 1:00	Ice
1:15 - 2:30	Plyometrics / Dryland
2:30 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:00 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:00 - 11:45	Lunch
11:45 - 12:30	Plyometrics / Dryland
1:00 - 2:00	Ice
2:00 - 4:00	Swimming
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:30	Between the Pines
9:30 - 10:45	Field Time - Organized Games
11:00 - 12:00	Lunch
12:30 - 1:30	Ice
2:00 - 3:00	Plyometrics / Dryland
3:00 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

SQUIRTS / U10
DAILY SCHEDULE
WEEK 2 (June 22 - June 25)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Golf (Lessons)
11:30 - 12:30	Ice
12:30 - 1:15	Lunch
1:30 - 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
8:30 - 10:30	Golf (On-Course)
11:00 - 11:50	Lunch
12:00 - 1:00	Ice
1:15 - 2:30	Plyometrics / Dryland
2:30 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:00 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:00 - 11:45	Lunch
11:45 - 12:30	Plyometrics / Dryland
1:00 - 2:00	Ice
2:00 - 4:00	Swimming
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:30	Between the Pines
9:30 - 10:45	Field Time - Organized Games
11:00 - 12:00	Lunch
12:30 - 1:30	Ice
2:00 - 3:00	Plyometrics / Dryland
3:00 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

SQUIRTS / U10
DAILY SCHEDULE
WEEK 3 (June 29 - July 2)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Golf (Lessons)
11:30 - 12:30	Ice
12:30 - 1:15	Lunch
1:30 - 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
8:30 - 10:30	Golf (On-Course)
11:00 - 11:50	Lunch
12:00 - 1:00	Ice
1:15 - 2:30	Plyometrics / Dryland
2:30 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:00 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:00 - 11:45	Lunch
11:45 - 12:30	Plyometrics / Dryland
1:00 - 2:00	Ice
2:00 - 4:00	Swimming
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:30	Between the Pines
9:30 - 10:45	Field Time - Organized Games
11:00 - 12:00	Lunch
12:30 - 1:30	Ice
2:00 - 3:00	Plyometrics / Dryland
3:00 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

SQUIRTS / U10
DAILY SCHEDULE
WEEK 4 (July 13 - July 16)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Golf (Lessons)
11:30 - 12:30	Ice
12:30 - 1:15	Lunch
1:30 - 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
8:30 - 10:30	Golf (On-Course)
11:00 - 11:50	Lunch
12:00 - 1:00	Ice
1:15 - 2:30	Plyometrics / Dryland
2:30 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:00 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:00 - 11:45	Lunch
11:45 - 12:30	Plyometrics / Dryland
1:00 - 2:00	Ice
2:00 - 4:00	Swimming
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:30	Between the Pines
9:30 - 10:45	Field Time - Organized Games
11:00 - 12:00	Lunch
12:30 - 1:30	Ice
2:00 - 3:00	Plyometrics / Dryland
3:00 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

SQUIRTS / U10
DAILY SCHEDULE
WEEK 5 (July 20 - July 23)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Golf (Lessons)
11:30 - 12:30	Ice
12:30 - 1:15	Lunch
1:30 - 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
8:30 - 10:30	Golf (On-Course)
11:00 - 11:50	Lunch
12:00 - 1:00	Ice
1:15 - 2:30	Plyometrics / Dryland
2:30 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:00 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:00 - 11:45	Lunch
11:45 - 12:30	Plyometrics / Dryland
1:00 - 2:00	Ice
2:00 - 4:00	Swimming
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:30	Between the Pines
9:30 - 10:45	Field Time - Organized Games
11:00 - 12:00	Lunch
12:30 - 1:30	Ice
2:00 - 3:00	Plyometrics / Dryland
3:00 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

SQUIRTS / U10
DAILY SCHEDULE
WEEK 6 (July 27 - July 30)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Golf (Lessons)
11:30 - 12:30	Ice
12:30 - 1:15	Lunch
1:30 - 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
8:30 - 10:30	Golf (On-Course)
11:00 - 11:50	Lunch
12:00 - 1:00	Ice
1:15 - 2:30	Plyometrics / Dryland
2:30 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:00 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:00 - 11:45	Lunch
11:45 - 12:30	Plyometrics / Dryland
1:00 - 2:00	Ice
2:00 - 4:00	Swimming
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:30	Between the Pines
9:30 - 10:45	Field Time - Organized Games
11:00 - 12:00	Lunch
12:30 - 1:30	Ice
2:00 - 3:00	Plyometrics / Dryland
3:00 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

SQUIRTS / U10
DAILY SCHEDULE
WEEK 7 (August 3 - August 6)

TIME	MONDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:30 - 10:30	Golf (Lessons)
11:30 - 12:30	Ice
12:30 - 1:15	Lunch
1:30 - 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
8:30 - 10:30	Golf (On-Course)
11:00 - 11:50	Lunch
12:00 - 1:00	Ice
1:15 - 2:30	Plyometrics / Dryland
2:30 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up

TIME	WEDNESDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:00 - 9:15	Field Time - Organized Games
9:30 -10:30	Between the Pines
11:00 - 11:45	Lunch
11:45 - 12:30	Plyometrics / Dryland
1:00 - 2:00	Ice
2:00 - 4:00	Swimming
4:00 - 5:00	Pick-up

TIME	THURSDAY ACTIVITIES
7:00 - 8:00	Drop Off
8:15 - 9:30	Between the Pines
9:30 - 10:45	Field Time - Organized Games
11:00 - 12:00	Lunch
12:30 - 1:30	Ice
2:00 - 3:00	Plyometrics / Dryland
3:00 - 4:00	Field Time - Organized Games
4:00 - 5:00	Pick-up