



# Highland Lady Trojans

## June 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>	<b>3</b>
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
			Achieve Workout 10-11	Achieve Workout 10-11	Achieve Workout 10-11		
		Conditioning 3:30 - 5	Conditioning 3:30 - 5	Conditioning 3:30 - 5			
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
			Achieve Workout 10-11	Achieve Workout 10-11	Achieve Workout 10-11		
		Conditioning 3:30 - 5	Conditioning 3:30 - 5	Conditioning 3:30 - 5			
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
			Achieve Workout 10-11	Achieve Workout 10-11	Achieve Workout 10-11		
		Conditioning 3:30 - 5	Conditioning 3:30 - 5	Conditioning 3:30 - 5			
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
			Achieve Workout 10-11	Achieve Workout 10-11	Achieve Workout 10-11		
		<b>KIDS CAMP NO SCHEDULED CONDITIONING</b>					
	<b>Conditioning is at Warren Elementary School soccer field</b>						
	<b>Achieve workouts held in High School Main Gym</b>						



# Highland Lady Trojans

## July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Moratorium Week (NO CONDITIONING/ACHIEVE)</b>						
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
		Achieve Workout 10-11	Achieve Workout 10-11	Achieve Workout 10-11		
	Conditioning 3:30 - 5	Conditioning 3:30 - 5	Conditioning 3:30 - 5			
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
		Achieve Workout 10-11	Achieve Workout 10-11	Achieve Workout 10-11		
	Conditioning 3:30 - 5	Conditioning 3:30 - 5	Conditioning 3:30 - 5			
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>DEAD WEEK</b>						
<b>30</b>	<b>31</b>					
	<b>TRY-OUTS BEGIN @ Warren 3:30</b>					
<b>Conditioning is at Warren Elementary School soccer field</b>						
<b>Achieve Workouts held in High School Main Gym</b>						



# Highland Lady Trojans

## August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
<b>TRY - OUTS ALL WEEK 3:30 - 5:00</b>						
<b>@ WARREN ELEM. SCHOOL</b>						
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	Practice 3:30-5:00	Practice 3:30 - 5:00	Practice 3:30 - 5:00	Practice 3:30 - 5:00	Practice 3:30 - 5:00	Munster Jamboree 8:45
		Meet the Coaches	Fall Pics			
<b>13</b>	<b>14</b>	<b>15</b> <small>1st Day of School</small>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Practice @ Merkley starting this week	Practice 3:30 - 5:00	Practice 3:30 - 5:00	Practice 3:30 - 5:00	@ Crown Point 5pm JV	Practice 3:30 - 5:00	@ Home vs Jefferson HS 11am JV
			Meet the Athletes @ 2:30	@ Crown Point 7pm Varsity	Tailgate @ 5pm	@ Home vs Jefferson HS 12:30pm Varsity
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	Practice 3:30 - 5:00	Practice 3:30 - 5:00	Practice 3:30 - 5:00	@ Merrillville 5pm JV	Practice 3:30 - 5:00	@ L.C. 10am JV
				@ Merrillville 7pm Varsity		@ L.C. 12:00pm
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	Practice 3:30 - 5:00	@ Home vs Andrean HS	Practice 3:30 - 5:00	Practice 3:30 - 5:00		
		@ Home vs Andrean HS				
<b>Practice is held @ Merkley Elem. once school starts</b>						



# Highland Lady Trojans

## September 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>	<b>2</b>
							@ Wheeler 10am Varsity
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
			@ Lowell 5pm JV	Practice 3:30 - 5:00	@ Home vs Mich. City 5pm JV	Practice 3:30 - 5:00	
			@ Lowell 7pm Varsity		@ Home vs Mich. City 7pm Varsity		
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
		Practice 3:30 - 5:00	@ Home vs Munster 5pm JV	Practice 3:30 - 5:00	Practice 3:30 - 5:00	Practice 3:30 - 5:00	@ Home vs Chesterton 10am JV
			@ Home vs Munster 7pm Varsity				@ Home vs Chesterton 12pm Varsity
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
		Practice 3:30 - 5:00	@ K.V. 5pm JV	Practice 3:30 - 5:00	@ Home vs Portage 5pm JV	Practice 3:30 - 5:00	@ Hanover 10am JV
			@ K.V. 7pm Varsity		@ Home vs Portage 7pm Varsity		@ Hanover 12pm Varsity
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
		Practice 3:30 - 5:00	@ Home vs Hobart	Practice 3:30 - 5:00	@ Home vs Valpo	Practice 3:30 - 5:00	
			@ Home vs Hobart 7pm Varsity		@ Home vs Valpo 7pm Varsity		



# Highland Lady Trojans

## October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
				<b>SECTIONALS</b>		
8	9	10	11	12	13	14
			<b>REGIONALS</b>			<b>REGIONALS</b>
15	16	17	18	19	20	21
						<b>Semi-State</b>
22	23	24	25	26	27	28
						<b>State</b>
29	30	31				

