

# AUGUST

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	1 Conditioning/Lifting: 8-10am V/JV 9-11am FR	2 Conditioning/Lifting: 8-10am V/JV 9-11am FR	3	4 Conditioning/Lifting: 8-10am V/JV 9-11am FR	5 Conditioning/Lifting: 8-10am V/JV 9-11am FR	6
7	8 OFF	9 OFF	10 OFF	11 OFF	12 OFF	13
14	15 Conditioning / Lift 8 – 10am JV / V 12 – 2pm V /JV 10 – 12pm FR  <b>KICKOFF DINNER</b> 6:30 4 Seasons – Players and families	16 Conditioning / Lift 8 – 10am JV / V 12 – 2pm V /JV 10 – 12pm FR	17 Conditioning / Lift 8 – 10am JV / V 12 – 2pm V /JV 10 – 12pm FR	18 Conditioning / Lift 8 – 10am JV / V 12 – 2pm V /JV 10 – 12pm FR	19 Conditioning / Lift 8 – 10am JV / V 12 – 2pm V /JV 10 – 12pm FR	20 FIRST PRACTICES V/JV 8am – 10am 12pm – 2 pm F 10-12
21 PRACTICE V/JV: 8am – 10am 12 – 2 pm F 10-12	22 PRACTICE V/JV 8 – 11am F 3-5pm	23 PRACTICE V/JV 8 – 11am F 3-5pm	24 PRACTICE V/JV 8 – 11am F 3-5pm	25 PRACTICE V/JV 8 – 11am F 3-5pm	26 PRACTICE V/JV 8 – 11am F 3-5pm	27 <b>JAMBOREE</b> <b>2:00pm- V/JV/F</b> <i>vs. EH, Naug., Barlow, Pomperaug</i>
28 OFF DAY	29 PRACTICE V/JV 3:30 – 6pm FR 3-5:30pm	30 PRACTICE V/JV 3:30 – 6pm FR 3-5:30pm	31 PRACTICE V/JV 3:30 – 6pm FR 3-5:30pm			

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## SEPTEMBER 2022

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
				1 PRACTICE V/JV 3:30 – 6pm FR 3-5:30pm	2 <b>VARSDITY SCRIMMAGE HOME vs Fitch 4pm</b>	3
4 PRACTICE V/JV 12-2pm	5 PRACTICE V/JV Time TBA F Time TBA	6 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	7 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	8 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm <b>Freshmen v Darien 4PM</b>	9 PRACTICE V/JV 3:30 – 6pm (Post practice Dinner) F 3-5:30pm	10 <b>VARSDITY HOME vs. DARIEN 1:30PM</b>
11	12 <b>JV @ DARIEN 4PM</b>  Practice F 3-5:30pm	13 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	14 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	15 PRACTICE V/JV 3:30 – 6pm <b>Freshmen @ New Canaan 4PM</b>	16 PRACTICE V 3:30 – 6pm (Post practice Dinner) F 3-5:30pm <b>JV @ STAPLES 6PM</b>	17 <b>VARSDITY HOME vs. STAPLES 1:30PM</b>
18	19 Practice F 3-5:30pm	20 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	21 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	22 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm <b>Freshmen @ Masuk 4PM</b>	23 PRACTICE V/JV 3:30 – 6pm (Post practice Dinner) F 3-5:30pm	24 <b>VARSDITY HOME vs. MASUK 1:30PM</b>
25	26 <b>JV @ MASUK 3:30PM</b> Practice F 3-5:30pm	27 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	28 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	29 PRACTICE V/JV 3:30 – 6pm <b>Freshmen @ Ridgefield 6:30PM</b>	30 <b>VARSDITY @ DANBURY 7PM</b>	

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# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	5 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	6 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	7 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	8 <b>BYE WEEK</b>
9	10 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	11 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	12 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	13 PRACTICE V/JV 3:30 – 6pm  <i>Freshmen Home v GREENWICH 4PM</i>	14 <i>VARSIITY @ GREENWICH 7PM</i>	15 <i>JV @ GREENWICH 10:00AM</i>
16	17	18 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	19 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	20 PRACTICE V/JV 3:30 – 6pm  <i>Freshmen @ Darien 4PM</i>	21 PRACTICE V/JV 3:30 – 6pm (Post practice Dinner) F 3-5:30pm	22 <i>VARSIITY HOME vs. RIDGEFIELD 1:30 PM</i>
23	24 Practice F 3-5:30pm <i>JV @ RIDGEFIELD 6:30pm</i>	25 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	26 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	27 PRACTICE V/JV 3:30 – 6pm  <i>Freshmen @ Staples 6PM</i>	28 <i>VARSIITY @ NEW CANAAN 7PM</i> Practice F 3-5:30pm	29
30	31 PRACTICE V 3:30 – 6pm F 3-5:30pm <i>JV HOME vs. NEW CANAAN 4PM</i>					

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## NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	2 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	3 PRACTICE V/JV 3:30 – 6pm  <i>Freshmen Home v Wilton 4PM</i>	4 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	5 <i>Varsity HOME vs STAMFORD 1:30 PM</i>
6 TBD PRACTICE 8-10	7 <i>JV @ STAMFORD 4PM</i> Practice F 3-5:30pm	8 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	9 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	10 PRACTICE V/JV 3:30 – 6pm  <i>Freshmen HOME vs Trumbull 3PM</i>	11 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	12 <i>Varsity @ WESTHILL 1:00 PM</i>
13	14 <i>JV HOME vs. WESTHILL 4PM</i>	15 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	16 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	17 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	18 PRACTICE V/JV 3:30 – 6pm F 3-5:30pm	19 PRACTICE V/JV 9-11am
20 PRACTICE V/JV 9-11am	21 PRACTICE V 3 – 6pm	22 PRACTICE V/JV 3 – 6pm	23 PRACTICE V/JV 3 – 6pm	24 <i>Varsity HOME vs TRUMBULL 10:30 AM</i>	25 PRACTICE TBD	26 PRACTICE TBD
27 PRACTICE TBD	28 PRACTICE TBD	29 <i>STATES 1<sup>st</sup> Round</i>	30			

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# DECEMBER

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
				1	2	3 STATES SEMI-FINALS
4	5	6	7	8	9	10 STATES CHAMPIONSHIPS
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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