



May

2014

Team 24/7 Lacrosse U13 Select Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Yoga: 7am-8am Scrimmages @ Xtreme 3pm Black 4:30pm White	5	6	7	8	9	10
11 Practice @ Carmel Middle School 5:30 PM to 7:00 PM	12	13	14	15	16	17
18 Scrimmage w/ Turn & Burn Black: 5pm White: 7pm	19	20	21	22	23	24
25	26	27 Charlotte Christian 7pm-9pm Practice	28 Charlotte Christian 7pm-9pm Practice	29 Charlotte Christian 7pm-9pm Practice	30 Sharon Elementary 6pm-8pm Practice	31 Sharon Elementary 8am-10am Practice



June

2014

Team 24/7 Lacrosse U13 Select Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:30-6:30pm Speed Camp (REQUIRED) 6:30-8pm Positional Camp (OPTIONAL)	3 Charlotte Christian 7pm-9pm Practice	4 Charlotte Christian 7pm-9pm Practice	5 Charlotte Christian 7pm-9pm Practice	6 Travel Day	7 U.S. Lacrosse Southeast Championship, Raleigh NC
8 U.S. Lacrosse Southeast Championship, Raleigh NC	9 5:30-6:30pm Speed Camp (REQUIRED) 6:30-8pm Positional Camp (OPTIONAL)	10 Charlotte Christian 7pm-9pm Practice	11 Charlotte Christian 7pm-9pm Practice	12 Charlotte Christian 7pm-9pm Practice	13 Sharon Elementary 6pm-7pm Walkthrough	14 Catawba Classic, Rock Hill SC
15 Catawba Classic, Rock Hill SC	16 5:30-6:30pm Speed Camp (REQUIRED) 6:30-8pm Positional Camp (OPTIONAL)	17 Charlotte Christian 7pm-9pm Practice	18 Charlotte Christian 7pm-9pm Practice	19 Charlotte Christian 7pm-9pm Practice	20 Sharon Elementary 6pm-7pm Walkthrough	21 Warrior Southern Sizzle, Charlotte NC
22 Warrior Southern Sizzle, Charlotte NC	23 5:30-6:30pm Speed Camp (REQUIRED) 6:30-8pm Positional Camp (OPTIONAL)	24 Charlotte Christian 7pm-9pm Practice	25 Charlotte Christian 7pm-9pm Practice	26 Charlotte Christian 7pm-9pm Practice	27 Travel Day to VA Beach, VA	28 Shorewars Tournament, VA Beach, VA
29 Shorewars Tournament, VA Beach, VA	30 OFF					



July

2014

Team 24/7 Lacrosse U13 Select Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OFF	2 OFF	3 OFF	4 OFF	5 OFF
6 OFF	7 OFF	8 Charlotte Christian 7pm-8:30pm Practice	9 Sharon Elementary 7pm-8:30pm Practice	10 Charlotte Christian 7pm-8:30pm Practice	11	12 Summer Throwdown, Charlotte NC
13 Summer Throwdown, Charlotte NC	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		