



# May

2014

## Team 24/7 Lacrosse U15 Select Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Yoga: 8am-9am Practice @ Carmel Middle School 5:30 PM to 7:00 PM	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 8pm	19	20	21	22	23	24
25	26	27 Carmel Middle School 6pm-8pm Practice	28 Carmel Middle School 6pm-8pm Practice	29 Carmel Middle School 6pm-8pm Practice	30 Carmel Middle School 6pm-8pm Practice	31 Carmel Middle School 8am-10am Practice



# June

2014

## Team 24/7 Lacrosse U15 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 Carmel Middle School 6pm-8pm Practice	4 Carmel Middle School 6pm-8pm Practice	5 Carmel Middle School 6pm-8pm 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 Carmel Middle School 6pm-8pm Practice	11 Carmel Middle School 6pm-8pm Practice	12 Carmel Middle School 6pm-8pm Practice	13 Carmel Middle School 6pm-7:30pm Practice	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 Carmel Middle School 6pm-8pm Practice	18 Carmel Middle School 6pm-8pm Practice	19 Carmel Middle School 6pm-8pm Practice	20 Carmel Middle School 6pm-7:30pm Practice	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 Carmel Middle School 6pm-8pm Practice	25 Carmel Middle School 6pm-8pm Practice	26 Carmel Middle School 6pm-8pm 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 U15 Select Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OFF	2 OFF	3 OFF	4 OFF	5 OFF
6 OFF	7 OFF	8 Sharon Elementary 5:30pm-7pm Practice	9 Sharon Elementary 5:30pm-7pm Practice	10 Sharon Elementary 5:30pm-7pm 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		