



May 2010 W League Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	3	4	5	6	7	8 2
9	10	11	12	13	14	15 State Cup Toledo: U10-16
16	17	18	19	20	21	22
State Cup Toledo: U10-16		Training/Tryouts: Pinnacle 8:30-10:30AM	Training/Tryouts: Pinnacle 8:30-10:30AM	Training/Tryouts: Pinnacle 8:30-10:30AM	DAY OFF: RE-GEN	FITNESS on own: State Cup Copley: U10-16
23	24	25	26	27	28	29
DAY OFF: Rest State Cup Copley: U10-16	Training: Pinnacle 8:30-10:30 AM	Training: Pinnacle 8:30-10:30 AM	Training: Pinnacle 8:30-10:30 AM	Training: Pinnacle 8:30-10:30 AM	Training: Pinnacle 8:30-10:30 AM	DAY OFF: RE-GEN Mem Day Tourney: YOUTH
30	31	Notes:				
DAY OFF: REST Mem Day Tourney: YOUTH	FITNESS on own: Mem Day Tourney: YOUTH	<ul style="list-style-type: none"> » <u>RE-GEN</u>: Dynamic warm-up, dynamic stretching, ice, therapy, massage, etc » <u>REST</u>: Complete rest (no physical activity), massage, ice, therapy » <u>SCHEDULE IS SUBJECT TO CHANGES!!</u> 				



June 2010 W League Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Training: Pinnacle 8:30 AM- 10:30 AM Scrimmage @ Pinnacle 6:00 PM	2 Scrimmage @ Pinnacle 6:00 PM	3 DAY OFF: RE-GEN	4 Training: Pinnacle 8:30 AM- 10:30 AM	5 GAME DAY! Away @ Kalamazoo » travel: 9:00 AM » Kickoff: 5:00 PM » Arrive: 3:00 PM » stay in hotel
6 GAME DAY!	7 DAY OFF: RE-GEN	8 Training: Pinnacle 8:30 AM- 10:30 AM	9 Training: Pinnacle 8:30 AM- 10:30 AM	10 Training: Pinnacle 8:30 AM- 10:00 AM	11 GAME DAY! Away @ Buffalo » Travel: 12:00 PM » Kickoff: 7:30 PM » Arrive: 5:30 PM » Travel Home	12 DAY OFF: RE-GEN
13 GAME DAY! Away @ Chicago » Kickoff: 7:00 PM » Arrive: 5:30 PM » Travel Home	14 DAY OFF: RE-GEN	15 TBA	16 Training: Pinnacle 8:30 AM- 10:30 AM	17 Training: Pinnacle 8:30 AM- 10:00 AM	18 GAME DAY! Away @ London » Travel: 10:00 AM » Kickoff: 7:00 PM » Arrive: 5:00 PM » Stay in Hotel	19 GAME DAY! Away @ London » Kickoff: 3:00 PM » Arrive: 1:30 PM » Travel Home
20 DAY OFF: RE-GEN	21 DAY OFF: REST	22 Training: Pinnacle 8:30 AM- 10:30 AM or Scrimmage vs Regional qualifying team in PM	23 Training: Pinnacle 8:30 AM- 10:30 AM or Scrimmage vs Regional qualifying team in PM	24 Training: Pinnacle 8:30 AM- 10:30 AM or Scrimmage vs Regional qualifying team in PM	25 Training: Pinnacle 8:30 AM- 10:30 AM Regionals Dayton: U13-U18	26 DAY OFF: REST Regionals SD: U13-U18
27 DAY OFF: RE-GEN Regionals Dayton: U13-U18	28 Fitness: on own Regionals Dayton: U13-U18	29 Training: Pinnacle 8:30 AM- 10:30 AM Regionals Dayton: U13-U18	30 Training: Pinnacle 8:30 AM- 10:30 AM Regionals Dayton: U13-U18	NOTES: » RE-GEN days can be done at Pinnacle - take advantage of the facility and equipment!! » SCHEDULE IS SUBJECT TO CHANGES!!		



July 2010 W League Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES:				1	2 GAME DAY!	3 GAME DAY!
» <u>SCHEDULE IS SUBJECT TO CHANGES!!</u> » In order to qualify for the Regional Playoffs we must place first or second in our division during the regular season. The playoffs will be held between Jul 24 - 25 at a venue TBD. The winners from the Playoff weekend will advance to the <u>W-League Finals on July31 & Aug1 at a location TBD.</u>				Training: Pinnacle 8:30 AM- 10:00 AM Contential Cup U13-17	Home vs Kalamazoo » Venue: John Carroll » Kickoff: 7:00 PM » Arrive: 5:00 PM Contential Cup U13-17	Home vs London » Venue: John Carroll » Kickoff: 4:30 PM » Arrive: 2:30 PM Contential Cup U13-17
4	5	6	7	8	9	10
DAY OFF: RE-GEN Contential Cup U10-17	DAY OFF: REST	Training: Pinnacle 8:30 AM- 10:30 AM	DAY OFF: RE-GEN	Training: Pinnacle 8:30 AM- 10:30 AM	Training: Pinnacle 8:30 AM- 10:30 AM	Training: Pinnacle 8:30 AM- 10:00 AM
11 GAME DAY!	12	13	14 GAME DAY!	15	16	17 GAME DAY!
Home vs Chicago » Venue: Pinnacle » Kickoff: 7:00 PM » Arrive: 5:00 PM	DAY OFF: RE-GEN	Training: Pinnacle 8:30 AM- 10:00 AM	Away @ Buffalo » Travel: 12:00 PM » Kickoff: 7:30 PM » Arrive: 5:30 PM » Travel home	DAY OFF: RE-GEN	Training: Pinnacle 8:30 AM- 10:00 AM	Home vs Buffalo » Venue: Pinnacle » Kickoff: 7:00 PM » Arrive: 5:00 PM
18 GAME DAY!	19	20	21	22	23 PLAYOFFS	24 PLAYOFFS
Home vs Kalamazoo » Venue: Pinnacle » Kickoff: 7:00 PM » Arrive: 5:00 PM	DAY OFF: RE-GEN	DAY OFF: REST	Training: Pinnacle 8:30 AM- 10:30 AM	Training: Pinnacle 8:30 AM- 10:00 AM	Game or training TBD	
WE MUST QUALIFY FOR PLAYOFFS IN ORDER TO CONTINUE PLAYING PAST JULY 18... SEE NOTE ABOVE						
25 PLAYOFFS	26	27	28	29	30	31 FINALS
Game or Re-Gen TBD	DAY OFF: RE-GEN	Training: Pinnacle 8:30 AM- 10:30 AM	Training: Pinnacle 8:30 AM- 10:30 AM	Training: Pinnacle 8:30 AM- 10:30 AM	Training: Pinnacle 8:30 AM- 10:30 AM	W League Finals will be held July 31 & Aug 1 at a venue TBD