

## **Lady Scots CC Practice Schedule**

**Aug. 4<sup>th</sup> - 9<sup>th</sup>**

\*Monday, Aug. 4<sup>th</sup> - Practice @ 6:00 a.m. - 8:30 a.m. @ Norbuck Park.

\*Tuesday, Aug. 5<sup>th</sup> - Practice @ 5:45 a.m.-8:15 a.m. @ TP Hill @ White Rock Lake.

\*Wednesday, Aug. 6<sup>th</sup> - Practice @ 5:30 a.m.-7:00 a.m. @ TP Hill @ White Rock Lake.

\*Thursday, Aug. 7<sup>th</sup> - Practice @ 6:00 a.m.-8:00 a.m. @ Flag Pole Hill.

\*Friday, Aug. 8<sup>th</sup> - Team Meeting @ 6:00 a.m.-7:45 a.m. @ team meeting room in high school. Meet at the locker room @ 5:50 a.m., and we will walk across to the team meeting room together.

- Ice bath @ stadium - 2:00 p.m.-3:30 p.m.

\*Saturday, Aug. 9<sup>th</sup> - Plano ISD Invitational

\*\*\*Tuesday, Aug. 12<sup>th</sup> - 1st Day of Afternoon Practice - 3:00 p.m.-5:30 p.m. @ TP Hill

# **RUN YOUR HEART OUT**