



2018/2019
RIVER CITY HIGH SCHOOL
GIRLS' SOCCER
PRACTICE SCHEDULE

Limited practice:

September 10 – October 7

Monday and Wednesday: 4:30pm-5:30pm

Weights from 3:30pm-4:30pm

Conditioning:

October 8 – October 28

Monday through Thursday: 4:30pm-5:45pm

****CONDITIONING IS MANDATORY****

Practice:

October 29 – until end of season

Monday through Friday: 4:30pm-6:30pm
