

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13 OFF	14 Run 1 Mile	15 Run 2 Miles	16 Juggle/Dribble 45 Mins	17 Run 3 Miles	18 Run 1 Mile Juggle/Dribble	19 OFF
20 OFF	21 Run 2 Miles	22 Run 3 Miles	23 Juggle/Dribble 45 Mins	24 Run 3 Miles	25 Run 1 Mile Juggle/Dribble	26 OFF
27 OFF	28 Run 2 Miles	29 Run 3 Miles	30 Run 1 Mile Juggle/Dribble			



Eastern HS Girls Soccer

Coach: Jill Mozejko
 JV Coach: Katie Holm
 AD: Anthony Howard
 Principal: Lana Kaelin

Eastern High School
 12400 Old Shelbyville Road
 Louisville KY 40245
 502-485-8243

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Run 3 Miles	2 Run 2 Miles Juggle/Dribble	3 OFF
4 OFF	5 Run 1 Mile Juggle/Dribble	6 Run 2 Mile	7 Juggle/Dribble 45 Mins	8 Run 4 Miles	9 Run 1 Mile	10 OFF
11 OFF	12 Run 2 Miles	13 Run 4 Miles	14 Juggle/Dribble 45 Mins	15 TRYOUTS 8-10am Lake Forest	16 TRYOUTS 8-10am Lake Forest	17 OFF
18 OFF	19 TRYOUTS 8-10am Lake Forest	20 TRYOUTS 8-10am Lake Forest	21 TRYOUTS 8-10am Lake Forest	22 TRYOUTS 8-10am Rosters Final	23 Varsity Only 8-10am	24 Bluegrass Games Varsity Only
25 Bluegrass Games Varsity Only	26 Varsity OFF JV 8-10am	27 Both 8-10am	28 Both 8-10am	29 Both 8-10am	30 Both 8-10am	31 Field Clean Up



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August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 OFF	2 Both @ EHS 8-10am	3 Both @ EHS 8-10am	4 Both @ EHS 8-10am	5 Both @ EHS 8-10am	6 Both @ EHS 8-10am	7 OFF Watch boys @ 9am @ EHS
8 OFF	9 Both @ EHS 2:45—4:15	10 OFF Freshman Orientation	11 Both @ EHS 2:45-4:15	12 Both @ EHS 2:45—4:15	13 Blue/White Event @ EHS 6pm	14
15 OFF	16 GAME V Only @ Butler	17 First Day of School 2:45—4:15	18 Home Game Central Hardin	19 OFF	20 Practice 2:45—4:15	21 OFF
22 Off	23 GAME Both @ Jtown	24 Practice 2:45—4:15	25 Home Game Male HS	26 Practice 2:45—4:15	27 Practice 2:45—4:15	28 OFF
29 OFF	30 Game Both @ CAL	31 Practice 2:45—4:15				



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September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Game V Only @ Atherton	2 Game Both @ Mercy V5:30/JV7	3 OFF	4 OFF
5 OFF	6 Practice 2:45—4:15	7 Practice 2:45—4:15	8 Home Game Sacred Heart	9 OFF	10 Practice 2:45—4:15	11 OFF
12 OFF	13 Home Game Both vs. KCD	14 Practice 2:45—4:15	15 Game Both @ Seneca	16 Practice 2:45—4:15	17 Practce 2:45—4:15	18 OFF
19 OFF	20 Game Both @ Ballard	21 Practice 2:45—4:15	22 Game V Only Waggner	23 Game Both @ Presen- tation	24 Practice 2:45—4:15	25 Game V only @ Dunbar
26 OFF	27 Game Both @ Shelby Co.	28 Practice 2:45—4:15	29 Game V only @ Fern Creek	30 OFF		



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October 2010

Sun Mon Tue Wed Thu Fri Sat

					1 Practice 2:45—4:15	2 OFF
3 OFF	4 Home Game Both vs. North Hardin	5 Practice 2:45—4:15	6 Home Game Both vs. South Oldham	7 OFF	8 Practice 2:45—4:15 V Only	9 OFF
10 OFF	11 Districts	12 Districts	13 Districts	14 Districts	15 Districts	16 OFF
17 OFF	18 Regionals	19 Regionals	20 Regionals	21 Regionals	22 Regionals	23 OFF
24 OFF	25 Sectionals	26 Sectionals	27 Sectionals	28 Sectionals	29 Sectionals	30
31						



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