

Practice Plan – Thursday, 7/5/18

Reminders

- Last Day of Morning Camp
- Varsity & JV Weight Room Thursday
- JV vs Moorpark @ WR Tonight, 5pm
- Tomorrow Frosh vs Valencia @ WR, 5pm
- Saturday and Sunday Varsity in OC
- Next Monday Parent Meeting, 7pm Rm 513
- Varsity and JV Weight Room Monday and Thursday Next Week



Summer Game Day Rosters Online at Our Website

Non-Moorpark JV Roster	Moorpark JV Roster	Freshmen
7:30-9:00 <ul style="list-style-type: none">• Weight Room 9:00-9:30 <ul style="list-style-type: none">• Stretch and Throw	7:30-9:00 <ul style="list-style-type: none">• Weight Room	8:30-8:50 <ul style="list-style-type: none">• Stretch, Movement, Arm Circles, Throw 8:50-10:30 <ul style="list-style-type: none">• Scrimmage