

SUPPLEMENTAL TRAINING

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Coach	Coach
GK Training - 2010 and younger		5:45-6:45 Cooper 3 SE	5:45-6:45 CY Behind baseball field			Charlsey Seidel	
GK Training - 2009 and older		6:45-7:45 Cooper 3 SE	6:45-7:45 CY Behind baseball field			Charlsey Seidel	
Foundations		5:45-6:45 Cooper 3 SW				Bianca Biffert	Nadia Bedwell
Foundations		7:00-8 Cooper 3 SW				Bianca Biffert	Nadia Bedwell