

## 2011 La Crescent Lightning Practice Schedule (April/May)

	Legion U7/U10 LCR 3	Old Hickory U7/U10 LCR 1	Old Hickory U7/U10 LCR 2	Old Hickory U11/U12 LCR 5	High School JV U11/U12 LCR 8	Old Hickory U13+ LCR 6	High School JV U13+ LCR 9
<b>Monday</b>							
3:30							
4:30		7G02 (Spagl)	7G01 (Peterson)				
5:30		7B01 (Pechacek)	9B01 (Todd)	11G01 (Pesch)			
6:30		10G01 (Dryden)		12G01 (Peterson)		13B01 (Uffleman)	
<b>Tuesday</b>							
3:30						14G01 (Mickschl)	
4:30		10B01 (Shimshak)	9G02 (Carlson)	11G02 (Adamski)			
5:30		9G01 (Nelson)		11B01 (Thesing)			
6:30		10B02 (Fritz)		12B01 (Hackworth)		14G02 (Harpenau)	
<b>Wednesday</b>							
3:30						14G01 (Mickschl)	
4:30				12G02 (Dunlap)			
5:30		8B01 (Corcoran)	8G02 (Kadlec) 6:00	11G01 (Pesch)		13G01 (Lockley)	
6:30		10G01 (Dryden)		12G01 (Peterson)		13B01 (Uffleman)	
<b>Thursday</b>							
3:30							
4:30		10B01 (Shimshak)	8B02 (Welper)	11G02 (Adamski)			
5:30		8G01 (Baudek)		11B01 (Thesing)			
6:30		10B02 (Fritz)	7B02 (Haack)	12B01 (Hackworth)		14G02 (Harpenau)	
<b>Friday</b>							
3:30							
4:30				12G02 (Dunlap)			
5:30						13G01 (Lockley)	
6:30							
<b>Team</b>	<b># Practices</b>	<b># Teams</b>	<b>Practices per week</b>	<b># Games</b>	<b># Players</b>	<b>Hours of Soccer for Spring Season (per player)</b>	<b>Hours of Soccer for Spring Season (per level)</b>
Sparks	1	4	1		57	8	456
U7-U8	1	8	8	80	73	18	1,314
U9-U10	1 or 2	6	9	60	62	22	1,364
U11-12	2	6	12	60	66	26	1,716
U13+	2	4	8	40	70	31	2,170
		28	38	240	328		7,020
<b>304 practices over 8 weeks</b>							