

# July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> Team Conditioning with trainer on turf 8:00-9:30 A.M.	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Team Conditioning with trainer on turf TBA	<b>6</b>
<b>7</b>	<b>8</b> Team Conditioning with trainer on turf 8:00-9:30 A.M.	<b>9</b> Team Conditioning with seniors on turf 10:00-11:30 A.M.	<b>10</b> Team Conditioning with trainer on turf 4:00-5:30 P.M. TWFH Practice 5:30-7:30 P.M.~Turf with Coffman	<b>11</b> Team Conditioning with seniors on turf 10:00-11:30 A.M.	<b>12</b> Team Conditioning with trainer on turf 4:00-5:30 P.M. TWFH Practice 5:30-7:30 P.M ~ Turf With Coffman	<b>13</b>
<b>14</b> Michigan State Field Hockey TEAM CAMP	<b>15</b> Michigan State Field Hockey TEAM CAMP	<b>16</b> Michigan State Field Hockey TEAM CAMP	<b>17</b> Michigan State Field Hockey TEAM CAMP	<b>18</b> TWFH Practice 5:00-8:00 P.M. ~ Turf with Liberty	<b>19</b> Team Conditioning with seniors on turf 10:00-11:30 A.M.	<b>20</b>
<b>21</b>	<b>22</b> Team Conditioning with trainer on turf 8:00-9:30 A.M.	<b>23</b> Team Conditioning with seniors on turf 10:00-11:30 A.M.	<b>24</b> Team Conditioning with trainer on turf 4:00-5:30 P.M. TWFH Practice 5:30-7:30 P.M.~Turf	<b>25</b> Team Conditioning with seniors on turf 10:00-11:30 A.M.	<b>26</b> Team Conditioning with trainer on turf 4:00-5:30 P.M. TWFH Practice 5:30-7:30 P.M.~Turf	<b>27</b>
<b>28</b>	<b>29</b> Team Conditioning with seniors on turf 10:00-11:30 A.M.	<b>30</b> Team Conditioning with seniors on turf 10:00-11:30 A.M.	<b>31</b> OFF	<b>1</b> PRESEASON STARTS!!!		

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