



**Essentia Health**



**April/May/June Practice Schedule**

***Monday, April 29th***

Duluth East

5:30-7	U11 Boys and U11/12 Girls
7-8:30	U13/14 Girls
8:30-10	U16/17 Boys

***Tuesday, April 30th***

Destination Fitness

East Weight Room

6:15-7:15	U14 Boys
7:30-8:30	U15-17 Girls

Duluth East

7:30-8:45	U12 & U14 Boys
8:45-10	U15-17 Girls

***Wednesday, May 1***

Ordean

6-7:00	U9/10 Boys & Girls
7-8:00	U11/12 Girls

Destination Fitness

East Weight Room

6:15-7:15	U13/14 Girls
7:30-8:30	U16/17 Boys

Duluth East

7:30-8:45	U13/14 Girls
8:45-10	U16/17 Boys

***Thursday, May 2***

Destination Fitness

East Weight Room

6:15-7:15	U14 Boys
7:30-8:30	U15-18 Girls

Duluth East

7:30-8:45	14 Boys
8:45-10	U15-18 Girls

**Friday, May 3rd**

Ordean

6-7:00

U9/10 Boys & Girls

7-8:00

U11/12 Boys

Destination Fitness

East Weight Room

6:15-7:15

U13/14 Girls

7:30-8:30

U16/17 Boys

East

No turf time- LAX Games

**Saturday, May 4th**

JAMBOREE- Schedule TBD

**Sunday, May 5th**

JAMBOREE- Schedule TBD

**Monday, May 6th**

East

7:30-8:45

U14 Girls & Boys

8:45-10

U15-18 Girls

**Tuesday, May 7th**

East

Field Maintenance Day

Destination Fitness

East Weight Room

6:15-7:15

U13/14 Girls

7:30-8:30

U15-18 Girls

**Wednesday, May 8th**

Ordean

6-7:00

U9/10 Boys and Girls

7-8:15

U11/12 Boys and Girls

Destination Fitness

East Weight Room

6:15-7:15

U14 Boys

7:30-8:30

U16/17 Boys

Duluth East

7:30-8:45

U14 Boys

8:45-10

U16/17 Boys

**Thursday, May 9th**

Destination Fitness	Duluth East Weight Room
6:15-7:15	U13/14 Girls
7:30-8:30	U15-18 Girls
Duluth East	
7:30-8:45	U13/14 Girls
8:45-10	U15-18 Girls

**Friday, May 10th**

Ordean	
6-7:00	U9/10 Boys and Girls
7-8:15	U11/12 Boys and Girls
Destination Fitness	
Not available this date	
East	
LAX Game	

**Saturday, May 11**

Jamboree TBD

**Sunday, May 12**

Jamboree TBD

**Monday, May 13**

Duluth East	
7:30-8:45	U13/14 Girls
8:45-10	U15 Girls, U16/17 Boys

**Tuesday, May 14**

Destination Fitness	
Not available this date	
Duluth East	
7:30-8:45	U14 Boys
8:45-10	U17/18 Girls

**Wednesday, May 15**

Ordean

6-7:00

U9/10 Boys and Girls

7-8:15

U11/12 Boys and Girls

Destination Fitness

East Weight Room

6:15-7:15

U13/14 Girls

7:30-8:30

U16/17 Boys

East

7:30-8:45

U13/14 Girls

8:45-9

U16/17 Boys

**Thursday, May 16**

Destination Fitness

East Weight Room

6:15-7:15

U14 Boys

7:30-8:30

U15-18 Girls

East

No Time= LAX Game

**Friday, May 17th**

Hudson Tournament

**Saturday, May 18th**

Hudson Tournament

**Sunday, May 19th**

Hudson Tournament

**Monday, May 20th**

Lowell Elementary

4:30-6

U12 Boys and Girls

6-7:30

U15-U18 Girls

**Tuesday, May 21st**

Lowell Elementary

4-5:30

U13/14 Girls

5:30-7

U16/17 Boys

7-8:15

U11 Girls and Boys

Destination Fitness

East Weight Room

6:15-7:15

U13/14 Girls

7:30-8:30

U16/17 Boys

**Wednesday, May 22nd**

Lowell

4-5:30 U14 Boys  
5:30-7 U15-18 Girls

Destination Fitness East Weight Room  
6:15-7:15 U14 Boys  
7:30-8:30 U15-18 Girls

Ordean

6-7:00 U9/10 Boys/Girls

**Thursday, May 23rd**

Lowell Elementary

4-5:30 U11/12 Girls  
5:30-7 U15/17 Girls

Destination Fitness East Weight Room  
6:15-7:15 U13/14 Girls  
7:30-8:30 U16/17 Boys

East

7:30-8:45 U13/14 Girls  
8:45-10 U16/17 Boys & U18 Girls

**Friday, May 24th**

4-5:30 U14 Boys  
5:30-7 U15-18 Girls  
7-8:15 U11/12 Boys

Destination Fitness East Weight Room  
6:15-7:15 U14 Boys  
7:30-8:30 U15-18 Girls

**Saturday, May 25th**

OFF- Memorial Day Weekend

**Sunday, May 26th**

OFF- Memorial Day Weekend

**Monday, May 27th**

OFF- Memorial Day Weekend

**Tuesday, May 28th**

Lowell Elementary

4-5:30	U13/14 Girls
5:30-7	U16/17 Boys, U18 Girls
7-8:15	U11 Girls and Boys

Destination Fitness	East Weight Room
6:15-7:15	U13/14 Girls
7:30-8:30	U16/17 Boys, U18 Girls

**Wednesday, May 29th**

Lowell

4-5:30	U14 Boys
5:30-7	U15-17 Girls

Destination Fitness	East Weight Room
6:15-7:15	U14 Boys
7:30-8:30	U15-17 Girls

Ordean

6-7:00	U9/10 Boys/Girls
7-8:15	U12 Boys & U12 Girls

**Thursday, May 30th**

Lowell

4-5:30	U13/14 Girls
5:30-7	U16/17 Boys

Destination Fitness	
6:15-7:15	U13/14 Girls
7:30-8:30	U16-17 Boys

**Friday, May 31st**

Ordean

6-7:00	U9/10 Boys and Girls
7-8:15	U11-12 Boys and Girls

Destination Fitness	East Weight Room
6:15-7:15	U14 Boys
7:30-8:30	U15-18 Girls

East

7:30-8:45	U14 Boys
8:45-10	U15-18 Girls

**Saturday, June 1st**  
OFF/Weather Makeup

**Sunday, June 2nd**

East

3:00-4:30 U13-15 Girls

5-6:00 East Side Strikers Camp

6:30-8 U17-18 Girls

**Monday, June 3rd**

East

5:30-6:30 U9/10 Boys and Girls

6:30-8 U11/12 Boys and Girls

8-9:30 U16 Boys/U17 Girls

**Tuesday, June 4th**

East

5:30-7 U15/18 Girls, U14 Boys (Braun)

7:30-9 U13/14 Girls, U14 Boys (Braun)

Destination Fitness East Weight Room

6:15-7:15 U13/14 Girls

7:30-8:30 U15-18 Girls

**Wednesday, June 5th**

East- No Time ESS Game

Destination Fitness East Weight Room

6:15-7:15 U14 Boys

7:30-8:30 U16/17 Boys

Ordean

6-7:00 U9/10 Boys and Girls

7-8:15 U11/12 Boys and Girls

**Thursday, June 6th**

East

5:30-7 U15-18 Girls

7:30-9 U13/14 Girls

Destination Fitness East Weight Room

6:15-7:15 U13/14 Girls

7:30-8:30 U15-18 Girls

***Friday, June 7th***

East

5:30-7

U16/17 Boys

7:30-9

U14 Boys

Destination Fitness

East Weight Room

6:15-7:15

U14 Boys

7:30-8:30

U16/17 Boys

Ordean

6-7:00

U9/10 Boys and Girls

7-8:15

U11/12 Girls

***Saturday, June 8th***

Rain Date Makeup

***Sunday, June 9th***

Summer Practice Schedule