

## Pre-Season Schedule

\*Pre-Season Schedule is always subject to change. Any changes will be sent via email to you and updated on the WSHS Athletics page\*

Sunday 8/13	Monday 8/14	Tuesday 8/15	Wednesday 8/16	Thursday 8/17	Friday 8/18	Saturday 8/19
Hands-off Period -- No Contact with Coaches	Practice 4:00 -5:30pm Softball Field	Morning Session 7:00 - 8:00am Softball Field  Practice 4:00 -5:30pm Softball Field	Practice 4:00 -5:30pm Softball Field	Morning Session 7:00 - 8:00am Softball Field  Practice 4:00-5:30pm Softball Field	Practice 4:00 -5:30pm Softball Field	8:00am - 12:00pm Pre-season viewing of State Course & Saturday Practice  Troy Howard Middle School, Belfast, ME
Sunday 8/20	Monday 8/21	Tuesday 8/22	Wednesday 8/23	Thursday 8/24	Friday 8/25	Saturday 8/26
REST - No running.  Do 60 minutes of alternative exercise - Hiking, cycling, walking, swimming, etc.	Practice 4:00 -5:30pm Softball Field	Morning Session 7:00 - 8:00am Softball Field  TEAM PHOTOS TIME TBD  Practice 4:00 -5:30pm Softball Field  Meet the Teams 6pm Waterville High School Auditorium	Practice 4:00 -5:30pm Softball Field	Morning Session 7:00 - 8:00am Softball Field  Practice 4:00 -5:30pm Softball Field	Practice 4:00 -5:30pm Softball Field	7:00am Caravan LEAVES HS for Medomak Valley  Race at 9:00am Medomak Valley High School Followed by team bonding swimming and picnic at Damariscotta State Park *Bring cash for ice cream on way home*

- Need chaperones/drivers for both Saturday Pre-Season Events!