



LOWER MERION SOCCER CLUB

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Providing each and every child with a fun filled experience in a soccer environment

2023 PROTONS DIVISION - PRACTICE SCHEDULE

Division: This division consists primarily of 2014 and 2015 birth girls

Field Location: Bala Cynwyd Middle School, 510 Bryn Mawr Avenue, Bala Cynwyd

Soccer Ball: Please bring a size 4 soccer ball to all practices and games

PRACTICE SCHEDULE

Each team will have their first practice on Saturday, September 9. They will also have a practice later that week. Practices will be 80 minutes long. During the season, each team will have one practice during the week, either on a weeknight or on Sunday afternoon. The exact time for those practices will be determined by your head coach. Each team will thus have three practices before they have their first game on Saturday, September 23.

THERE IS NO SOCCER ON SEPTEMBER 16 & 25 IN OBSERVANCE OF THE JEWISH HOLIDAYS

FOR WEEKNIGHT PRACTICES: The exact practice time will be determined by your coach. LMSC will not have that information. Weeknight practices normally start between 5:15 and 5:30 PM.

<u>TEAM</u>	<u>JERSEY</u>	<u>SEPT. 9</u>	<u>PRACTICE NIGHT</u>
Astros	navy	9:30	Mondays
Braves	lemon	11:00	Tuesdays
Cardinals	black	12:30	Thursdays
Dodgers	white	2:00	Mondays
Mets	silver	3:30	Mondays
Phillies	lite blue	5:00	Tuesdays