



2007 CAPITAL GIRLS SUMMER SCHEDULE

TENATIVE AS OF APRIL 11TH

(WE MAY ADD OR SUBTRACT ANY OF THESE TOURNAMENTS)

MAY 23RD & 25TH *	SUMMER TRYOUTS 8TH – 12TH GRADE 3:00-5:30 PRACTICE TIMES TBA
JUNE 1ST & 2ND	JV #1 BURLEY TOURNAMENT JV #2 NAMPА/SKYVIEW TOURNEY VARSITY NAMPА/SKYVIEW TOURNEY
JUNE 8TH AND 9TH	JV #1 HIGHLAND TOURNAMENT JV #2 HIGHLAND TOURNAMENT VARSITY WEBER STATE JAMBOREE
JUNE 8TH – 21ST	SUMMER LEAGUE VARSITY JV #1
JUNE 15TH & 16TH	VARSITY BURLEY TOURNAMENT JV #1 COLUMBIA TOURNAMENT JV #2 WEISER TOURNAMENT
JUNE 18TH – 22ND	CAPITAL SUMMER CAMP 3RD – 4TH 8:00 -12:00 9TH – 12TH 1:30 - 4:00
JUNE 29TH & 30TH	VARSITY TVCC TOURNAMENT JV #1 CALDWELL TOURNAMENT JV #2 CALDWELL TOURNAMENT
JUNE 25TH – AUG 9TH **	SUMMER WEIGHT PROGRAM MON. - THUR. 4:30-6:30

*TO INCREASE PARTICIPATION AND THE OPPORTUNITY OF PLAYING MORE THIS SUMMER THEIR WILL BE TWO JV TEAMS.

** IT IS HIGHLY ENCOURAGED THAT GIRLS ATTEND THE SUMMER WEIGHT PROGRAM AS MUCH AS POSSIBLE. IT IS VOLUNTARY, BUT IT IS INTENDED TO HELP MAKE YOU FASTER AND STRONGER, AND IS PART OF PROTECTING YOURSELF AGAINST KNEE INJURIES IN PARTICULAR. WEIGHT ROOM BASICS WILL BE INCLUDED AS A SESSION OF THE SUMMER CAMP.

BEING ENROLLED IN THE **ACCELERATED P.E.** (10TH) OR THE **ATHLETIC FITNESS** (11TH AND 12TH) CLASS AT CAPITAL IS ALSO HIGHLY RECOMMENDED FOR THOSE OF YOU WHO PLAN ON PLAYING **ANY** SPORT AT CAPITAL.

