

**REAL BOISE CF**

Rev 2.2, 9/25/09

**FALL 09 MENTAL CONDITIONING PROGRAM & TECHNICAL STRENGTH PLAYER PROGRESS SCHEDULES**

Date	Team	Program	Coach	Time	Location
<b>WEEK 6</b>					
Tues 9/22	U12/U13G	Mental Conditioning	Barbara Leitzinger	5:45-6:00PM	Joplin Elementary
Wed 9/23	U14B	Mental Conditioning	Barbara Leitzinger	First 15 minutes of Practice	Joplin Elementary
<b>WEEK 7</b>					
Mon, 9/28	U14B	Technical Strength Orientatio	Juanjo Carmona/Tom Glick	7:00:7:30PM	Joplin Elementary
Tues 9/29	U12/U13G	Technical Strength Orientatio	Juanjo Carmona/Tom Glick	7:15PM-7:45PM	Joplin Elementary
Wed, 9/30	U14G	Mental Conditioning	Juanjo Carmona/Paola	6:30PM-6:45PM	Joplin Elementary
Wed, 9/30	U14G	Technical Strength Orientatio	Juanjo Carmona/Tom Glick	6:45PM-7:15PM	Joplin Elementary
Thurs 10/1	U14B	Mental Conditioning	Barbara Leitzinger	Last 15 minutes of Practice	Joplin Elementary
<b>WEEK 8</b>					
Mon, 10/5	U14G	Mental Conditioning	Paola Lamberti	Last 15 minutes of Practice	TBD
Tues 10/6	U12/U13G	Mental Conditioning	Barbara Leitzinger	Last 15 minutes of Practice	Joplin Elementary
Tues 10/6	U12/U13G	Technical Strength	Tom Glick	TBD	Joplin Elementary
Wed 10/7	U14B	Mental Conditioning	Barbara Leitzinger	During session	at Game Analysis Site
Wed, 10/7	U14G	Mental Conditioning	Paola Lamberti	Before league game	Simplot 8
<b>WEEK 9</b>					
Mon, 10/12	U14G	Mental Conditioning	Paola Lamberti	Last 15 minutes of Practice	TBD
Wed, 10/14	U14B	Technical Strength	Tom Glick	TBD	at Cross Training Site
Wed, 10/14	U14G	Mental Conditioning	Paola Lamberti	Before league game	Simplot 12
Thurs 10/15	U14B	Mental Conditioning	Barbara Leitzinger	Last 15 minutes of Practice	Joplin Elementary
<b>WEEK 10</b>					
Tues 10/20	U12/U13G	Mental Conditioning	Barbara Leitzinger	Last 15 minutes of Practice	Joplin Elementary
Tues 10/20	U12/U13G	Technical Strength	Tom Glick	TBD	Joplin Elementary
Wed 10/21	U14B	Mental Conditioning	Barbara Leitzinger	Before game	at Simplot 13
Wed, 10/21	U14G	Mental Conditioning	Paola Lamberti	Last 15 minutes of Practice	TBD
Wed, 10/21	U14G	Technical Strength	Tom Glick	After Practice	TBD
Sat 10/24 or Sund 10/25	U12G	Mental Conditioning	TBD	TBD	Gem State Tournament at Simplot
Sat 10/24 or Sund 10/25	U13G	Mental Conditioning	TBD	TBD	Gem State Tournament at Simplot
Sat 10/24 or Sund 10/25	U14G	Mental Conditioning	TBD	TBD	Gem State Tournament at Simplot

Sat 10/24 or Sund 10/25	U14B	Mental Conditioning	TBD	TBD	Gem State Tournament at Simplot
<b>WEEK 11</b>					
Wed, 10/28	U14G	Mental Conditioning	Paola Lamberti	Last 15 minutes of Practice	TBD
Wed, 10/28	U14B	Technical Strength	Tom Glick	TBD	at Cross Training Site
Thurs 10/29	U14B	Mental Conditioning	Barbara Leitzinger	Last 15 minutes of Practice	Joplin Elementary
<b>WEEK 12</b>					
Wed, 11/4	U14G	Technical Strength	Tom Glick	After Practice	TBD
Thu 11/5	U14B	Mental Conditioning	Barbara Leitzinger	Last 15 minutes of Practice	Joplin Elementary
<b>WEEK 13</b>					
Wed, 11/11	U14B	Technical Strength	Tom Glick	TBD	at Cross Training Site
Thu 11/12	U14B	Mental Conditioning	Barbara Leitzinger	Last 15 minutes of Practice	Joplin Elementary

WINTER schedule to be discussed.