

Season Plan Charlotte Dream Elite 2023 FALL 2018:

<i>Sept 4th</i>	<i>7:00-8:00pm</i>	<i>Tuesday</i>	<i>H-REC</i>	<i>Volunteer skill workout</i>
<i>Sept 5th</i>	<i>6:30-7:30pm</i>	<i>Wednesday</i>	<i>MIF</i>	<i>Volunteer skill workout</i>
Sept 8th	3:15-4:30pm	Saturday	MIF	practice
<i>Sept 9th</i>	<i>7:00-8:00pm</i>	<i>Sunday</i>	<i>HES</i>	<i>Volunteer skill workout</i>
Sept 10th	7:30-8:45pm	Monday	MIF	practice
<i>Sept 11th</i>	<i>7:00-8:00pm</i>	<i>Tuesday</i>	<i>H-REC</i>	<i>Volunteer skill workout</i>
<i>Sept 12th</i>	<i>6:30-7:30pm</i>	<i>Wednesday</i>	<i>MIF</i>	<i>Volunteer skill workout</i>
Sept 15th	TBD	Saturday	CC-Concord	Fall league, 2 games
<i>Sept 16th</i>	<i>7:00-8:00pm</i>	<i>Sunday</i>	<i>HES</i>	<i>Volunteer skill workout</i>
Sept 17th	7:30-8:45pm	Monday	MIF	practice
<i>Sept 18th</i>	<i>7:00-8:00pm</i>	<i>Tuesday</i>	<i>H-REC</i>	<i>Volunteer skill workout</i>
<i>Sept 19th</i>	<i>6:30-7:30pm</i>	<i>Wednesday</i>	<i>MIF</i>	<i>Volunteer skill workout</i>
<i>Sept 23rd</i>	<i>7:00-8:00pm</i>	<i>Sunday</i>	<i>HES</i>	<i>Volunteer skill workout</i>
Sept 24th	7:30-8:45pm	Monday	MIF	practice
<i>Sept 25th</i>	<i>7:00-8:00pm</i>	<i>Tuesday</i>	<i>H-REC</i>	<i>Volunteer skill workout</i>
<i>Sept 26th</i>	<i>6:30-7:30pm</i>	<i>Wednesday</i>	<i>MIF</i>	<i>Volunteer skill workout</i>
Sept 29th	TBD	Saturday	CC-Concord	Fall league, 2 games
<i>Sept 30th</i>	<i>7:00-8:00pm</i>	<i>Sunday</i>	<i>HES</i>	<i>Volunteer skill workout</i>
Oct 1st	7:30-8:45pm	Monday	MIF	practice
<i>Oct 2nd</i>	<i>7:00-8:00pm</i>	<i>Tuesday</i>	<i>H-REC</i>	<i>Volunteer skill workout</i>
<i>Oct 3rd</i>	<i>6:30-7:30pm</i>	<i>Wednesday</i>	<i>MIF</i>	<i>Volunteer skill workout</i>
Oct 6th	TBD	Saturday	CC-Concord	Fall league, 2 games
<i>Oct 7th</i>	<i>7:00-8:00pm</i>	<i>Sunday</i>	<i>HES</i>	<i>Volunteer skill workout</i>
Oct 8th	7:30-8:45pm	Monday	MIF	practice
<i>Oct 9th</i>	<i>7:00-8:00pm</i>	<i>Tuesday</i>	<i>H-REC</i>	<i>Volunteer skill workout</i>
<i>Oct 10th</i>	<i>6:30-7:30pm</i>	<i>Wednesday</i>	<i>MIF</i>	<i>Volunteer skill workout</i>
<i>Oct 14th</i>	<i>7:00-8:00pm</i>	<i>Sunday</i>	<i>HES</i>	<i>Volunteer skill workout</i>
Oct 15th	7:30-8:45pm	Monday	MIF	practice

Oct 16 th	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Oct 17 th	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Oct 20th	TBD	Saturday	CC-Concord	Fall league, 2 games
Oct 21 st	7:00-8:00pm	Sunday	HES	Volunteer skill workout
Oct 22nd	7:30-8:45pm	Monday	MIF	practice
Oct 23 rd	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Oct 24 th	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Oct 27th	TBD	Saturday	CC-Indian Trail	Fall league, 2 games
Oct 28 th	7:00-8:00pm	Sunday	HES	Volunteer skill workout
Oct 29th	7:30-8:45pm	Monday	MIF	practice
Oct 30 th	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Oct 31 st	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Nov 4 th	7:00-8:00pm	Sunday	HES	Volunteer skill workout
Nov 5th	7:30-8:45pm	Monday	MIF	practice
Nov 6 th	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Nov 7 th	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Nov 11 th	7:00-8:00pm	Sunday	HES	Volunteer skill workout

MIF = Mountain Island Fitness, 10030 Callabridge Ct, Charlotte, NC 28269

H-REC = Huntersville Rec Center, 11836 Verhoeff Dr, Huntersville, NC 28078

HES = Huntersville Elementary School, 200 Gilead Rd, Huntersville, NC 28078

If you would like to workout more than above each week or once in a while, our private training sessions are very good. These options come with added cost.

After the fall season we start our winter season. How much depends on the age or your team. If our players are playing school ball we will not do too much during school season. More details in October.

