

Season Plan Charlotte Dream Elite 2025 FALL 2018:

Sept 4 th	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Sept 5 th	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Sept 8th	2:00-3:15pm	Saturday	MIF	practice
Sept 9 th	5:10-6:10pm	Sunday	HES	Volunteer skill workout
Sept 10th	6:15-7:30pm	Monday	MIF	practice
Sept 11 th	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Sept 12 th	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Sept 15th	TBD	Saturday	CC-Concord	Fall league, 2 games
Sept 16 th	5:10-6:10pm	Sunday	HES	Volunteer skill workout
Sept 17th	6:15-7:30pm	Monday	MIF	practice
Sept 18 th	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Sept 19 th	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Sept 23 rd	5:10-6:10pm	Sunday	HES	Volunteer skill workout
Sept 24th	6:15-7:30pm	Monday	MIF	practice
Sept 25 th	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Sept 26 th	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Sept 29th	TBD	Saturday	CC-Concord	Fall league, 2 games
Sept 30 th	5:10-6:10pm	Sunday	HES	Volunteer skill workout
Oct 1st	6:15-7:30pm	Monday	MIF	practice
Oct 2 nd	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Oct 3 rd	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Oct 6th	TBD	Saturday	CC-Concord	Fall league, 2 games
Oct 7 th	6:00-7:00pm	Sunday	HES	Volunteer skill workout
Oct 8th	6:15-7:30pm	Monday	MIF	practice
Oct 9 th	7:00-8:00pm	Tuesday	H-REC	Volunteer skill workout
Oct 10 th	6:30-7:30pm	Wednesday	MIF	Volunteer skill workout
Oct 14 th	6:00-7:00pm	Sunday	HES	Volunteer skill workout
Oct 15th	6:15-7:30pm	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	6:00-7:00pm	Sunday	HES	Volunteer skill workout
Oct 22nd	6:15-7:30pm	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	6:00-7:00pm	Sunday	HES	Volunteer skill workout
Oct 29th	6:15-7:30pm	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	6:00-7:00pm	Sunday	HES	Volunteer skill workout
Nov 5th	6:15-7:30pm	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	6:00-7:00pm	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.

