



2022 – 2023 CVHS Girls Soccer Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug. 14	15 No School	16 School Begins. Report to F10 for P5. No equip.	17 Report to F10 for P5. Bring equip., every 5th Per. 7v7, 11v11	18 No practice	19 Practice - P5: 1:30- 3:17pm Focus: 7v7, 11v11	20
21	22 NO Practice: Meet F10	23 No practice	24 Practice - P5: 1:30- 3:17pm 7v7, 11v11	25 No practice	26 Practice - P5: 1:30- 3:17pm 7v7, 11v11	27
28	29 Practice during 5th: Plyo/strength Running shoes every Monday	30 No Practice TRYOUTS 3:35pm-5pm	31 Practice - P5: 1:30- 3:17pm	Sept 1 TRYOUTS 3:35pm-5pm	2 Practice - P5: 1:30- 3:17pm;	3
4 ROSTERS POSTED	5 No School Labor Day: No practice	6 No practice	7 Practice - P5: 1:30- 3:17pm Focus: Passing, small sided games	8 No practice	9 Practice - P5: 11:45-1:15 Minimum day	10
11	12 Practice during 5th: Plyo/strength	13 No Practice	14 Practice - P5: 1:30- 3:17pm	15 No practice	16 Practice - P5: 1:30- 3:17pm	17
18	19 Practice during 5th: Plyo/strength	20 No practice	21 Practice - P5: 1:30- 3:17pm	22 No practice	23 Practice - P5: 1:30- 3:17pm	24
25	26 Practice during 5th: Plyo/strength	27 No practice	28 Practice - P5: 1:30- 3:17pm Focus: attacking 7v7, 9v9	29 No practice	30 Practice - P5: 1:30- 3:17pm	OCT 1
2	3 Practice during 5th: Plyo/strength	4 No Practice	5 Practice - P5: 1:30- 3:17pm PARENT MEETING 5:30PM CVHS MALL	6 No practice	7 Practice - P5: 1:30- 3:17pm BLAST-Fundraiser begins. Bring phones and email address to F10 period 5	8



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9	10 Practice during 5th: Plyo/strength	11 No Practice	12 Practice - P5: 1:30- 3:17pm	13 No Practice	14 JV & FS Practice - P5: 1:30- 3:17pm Varsity: Boxing 1:15pm-2:15pm and 2:15pm - 3:15pm groups to follow	15
16	17 Practice during 5th: Plyo/strength	18 No Practice	19 Practice - P5: 1:30- 3:17pm	20 No Practice	21 JV & FS Practice - P5: 1:30- 3:17pm Varsity: Boxing 1:15pm-2:15pm and 2:15pm- 3:15pm	22
23	24 No Practice Uniform Distribution: During 5th Per. and after school	25 No practice	26 (OTF) during 5th @ MV Location Leave school at 12:30pm 1-2pm and 2-3pm groups TBD	27 No Practice	28 (OrangeTheory Fitness) during 5th @ MV Location Leave school at 12:30pm	29
30	31 Practice 3:30- 4:45pm	NOV 1 Student Free Day No practice	2 Practice - P5: 1:30- 3:17pm	3 No Practice	4 Practice - P5: 1:30- 3:17pm	5
6	7 Practice during 5th period only	8 NO Practice	9 Practice during 5th Varsity – Futsol 7:00 – 8:15 Varsity Dinner – Albert’s Tacos	10 NO Practice	11 Veteran’s Day NO Practice	12
13	14 Practice 3:30- 4:30pm	15 Practice 3-4:00pm	16 Practice - P5: 1:30- 3:17pm	17 Practice from 3- 4:00pm	18 Practice - P5: 1:30- 3:17pm	19
20 Thanks- Giving break	21 Practice for all three levels: Times TBD	22 Practice for all three levels: Times TBD	23 Practice for all three levels: Times TBD	24 THANKSGIVING	25 No Practice	26
27	28 Practice 3-4:30pm	29 @ EDISON	30 Practice - P5: 1:30- 3:17pm	DEC 1 vs Mission Viejo	2 Practice - P5: 1:30- 3:17pm	3



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4	5 Practice 3:30-5pm	6 @ SM	7 Practice - P5: 1:30- 3:17pm	8 vs TRABUCO HILLS	9 Practice - P5: 1:30- 3:17pm	10 BITWT Varsity FS/JV
11	12 Practice 3:30-5pm	13 @ Santiago	14 Practice - P5: 1:30- 3:17pm	15 vs Laguna Beach (not FS)	16 Practice - P5: 1:30- 3:17pm	17 BITWT Varsity FS/JV
18	19 Practice 3:30-5pm	20 FINALS (1/5) PICTURE DAY	21 FINALS (2/6) Practice 1:30-3pm	22 FINALS (3-4) Practice 1:30-3pm	23	24 Christmas Break Begins!
25 CHRISTMAS DAY	26 Practice VARSITY ONLY 9:30-11:15am	27 Varsity: Foothill Tournament	28 Varsity: Foothill Tournament	29 Varsity: Foothill Tournament	30 No Practice	31
JAN 1	2 No Practice	3 Practice 9:30am- 11am	4 Practice 9:30am- 11am	5 Practice 9:30am- 11am	6 ALUMNI GAME 4PM	7
8	9 Start Second Semester Practice 3:30-5pm	10 League @ Aliso Niguel	11 Practice - P5: 1:30- 3:17pm	12 League vs San Juan Hills	13 Practice - P5: 1:30- 3:17pm	14
15	16 No School: MLK JR.	17 League vs Tesoro	18 Practice - P5: 1:30- 3:17pm	19 BYE	20 Practice - P5: 1:30- 3:17pm	21 League @ San Clemente
22	23 Practice 3:30-5pm	24 League vs Aliso Niguel	25 Practice - P5: 1:30- 3:17pm	26 League @ San Juan Hills	27 Practice - P5: 1:30- 3:17pm	28 League @ Tesoro
29	30	31 BYE	FEB 1 Practice 3-4:30pm	2 League vs San Clemente Senior Night	3 Practice TBD	4



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5	6	7	8	9 CIF Wild Card	10	11 CIF First Round
12	13	14	15 CIF Second Round	16	17	18 CIF Quarter Finals
19	20	21	22 CIF Semi Finals	23	24	25 CIF Finals