

Happy Labor Day! Hopefully everyone is enjoying the long weekend and great weather today!

Our focus for this week: "Every athlete fails, but champions do not dwell on their failures. Instead, they ***focus on positive experiences and keep moving confidently forward.***" (Jim Afremow, PhD., The Young Champions Mindset) Without mistakes, we cannot learn to be better; make efforts to improve on our physical and mental skills everyday and you will see the improvement.

### **MONDAY September 2: LABOR DAY**

All off

### **TUESDAY September 3:**

JV2: practice 3:15pm - 4:45pm

JV1: practice 4:45pm - 6:15pm

Varsity: practice 3:45pm - 5:45pm

### **WEDNESDAY September 4:**

JV2: tournament @ Milwaukee Lutheran start at 5:30pm, bus leaves 4pm

JV1: tournament @ Milwaukee Lutheran start at 5:30pm, bus leaves 4pm

Varsity: practice 4:30pm - 6:30pm

### **THURSDAY September 5:**

Conference Match @ BCC (Catholic Central, Burlington)

JV2 & JV1 - 5pm

Varsity - 6:30pm

Bus leaves 3:45pm

JV1 & JV2 will receive their Varsity match assignments by Wednesday. The bus will be available to return students to Shoreland; any JV1/JV2 player that is unable to work the Varsity match needs to discuss with their coach. Varsity meal/prayer assignments will be sent in a separate email.

### **FRIDAY September 6:**

JV2: practice 3:15pm - 4:45pm

JV1: practice 4pm - 6pm

Varsity: practice 4:45pm - 6:45pm

ALL LIFT: 4:15pm - 4:45pm

### **SATURDAY September 7:**

JV1: tournament @ Ozaukee, 9am start bus leaves 7am

Varsity: tournament @ Mukwanago, 8am start bus leaves 6:15am

Blessing on your week, hope to see you all at BCC to help cheer us on as we begin our conference competition!