

Beckman High School – Varsity Girls' Soccer

November 12th, 2019 – February 7th, 2020

COACH CONTACT INFORMATION

COACH: Gordon Scott (949) 632-5649

E-MAIL: gordonwscott@cox.net

ASST. COACH: Lana Niccole

E-MAIL: lananiccole@icloud.com

OFFICE HOURS: Face-to-Face Fri – By Appointment, By Phone (Most Mornings)

Week	Day	Date	Time:	Dress/Description	Location
PRE-SEASON NOV 12TH – January 3rd					
1	TU	11/12	2:00 – 3:45 PM	Field Training	Beckman Turf
	W	11/13	2:00 – 3:30 PM	Fitness/Resistance Training	Beckman Turf/Weight Room
	TH	11/14	2:00 – 3:45 PM	Field Training	Beckman Turf
	F	11/15	2:00 – 3:45 PM	Field Training	Beckman Turf
2	M	11/18	2:00 – 3:45 PM	Field Training	Beckman Turf
	TU	11/19	2:00 – 3:45 PM	Field Training	Beckman Turf
	W	11/20	2:00 – 3:30 PM	Fitness/Resistance Training	Beckman Turf/Weight Room
	TH	11/21	2:00 – 3:45 PM	Field Training	Beckman Turf
	F	11/22	2:00 – 3:30	Classroom	TBD
3	M	11/25	9:00- 10:30 AM	Field Training	Beckman Turf
	TU	11/26	9:00- 10:30 AM	Field Training	Beckman Turf
	W	11/27	8:30 - 10:00 AM 10:15 AM	Fitness/Resistance Training Breakfast @ Panera	Beckman Turf/Weight Room
	TH	11/28	OFF	OFF	OFF
	F	11/29	OFF	OFF	OFF
4	M	12/02	2:00 – 4:30 PM	Field Training/Classroom	Beckman Turf/TBD
	TU	12/03	4:45 PM	OCWS GM#1 vs. Woodbridge	David Sills Alton Park (Bus 1:30PM)
	W	12/04	2:00 – 3:30 PM	Film/Resistance Training	TBD/Weight Room
	TH	12/05	2:00 – 3:45 PM	Field Training	Beckman Turf
	F	12/06	3:15 PM	OCWS GM#2 vs. JSerra	Beckman Track Turf
	SA	12/07	11:00 AM	OCWS GM#3 vs. El Toro	OCGP #4
			TBD	OCWS GM#4 vs. TBD	OCGP #TBD
5	M	12/09	2:00 – 3:30 PM	Fitness/Film	Trail Run/Classroom
	TU	12/10	2:00 – 3:45 PM	Field Training	Beckman Turf
	W	12/11	2:00 – 3:30 PM	Film/Resistance Training	Film/Weight Room
	TH	12/12	5PM	@ St. Pius	St. Pius (Bus @ 1:30)
	F	12/13	2:00 – 3:30	Classroom	TBD
	SA	12/14	9:30 AM	Royal (BIW#1)	Garden Grove HS (Bus7:45AM)
			3:30 PM	Crescenta Valley HS (BIW#2)	Garden Grove HS (Bus7:45AM)
6	M	12/16	2:00 – 4:15PM	Field Training	Beckman Turf
	TU	12/17	3:15 PM	@ El Toro	El Toro (Bus 1:30 PM)
	W	12/18	2:00 – 3:30 PM	Film/Resistance Training	Film/Weight Room
	TH	12/19	3:15 PM	vs. Orange Lutheran	Beckman Track
	F	12/20	2:00 – 3:30	Classroom	TBD
	SA	12/21	TBD	Game #3 BIW	TBD
			TBD	Game #4 BIW	TBD

<u>Week</u>	<u>Day</u>	<u>Date</u>	<u>Time:</u>	<u>Dress/Description</u>	<u>Location</u>
7	M	12/23	9:00-11:00 AM	Film/Resistance Training Team Breakfast Snooze	TBD/Weight Room Snooze
	TU	12/24	OFF	OFF	OFF
	W	12/25	OFF	OFF	OFF
	TH	12/26	OFF	OFF	OFF
	F	12/27	9:00- 10:30 AM	Field Training	Beckman Turf
	SA	12/28	9:30 AM	Alumni Picnic	Beckman Turf
8	M	12/30	2:00 - 3:30 PM	Fitness/Weight Room	Beckman Turf/Weight Room
	TU	12/31	OFF	OFF	OFF
	W	01/01	OFF	OFF	OFF
	TH	01/02	2:00 – 3:15 PM	Field Training	Beckman Turf
	F	01/03	9:30 AM	vs. Mission Viejo	Beckman Turf

In Season January 6th – Feb 5th

<u>Week</u>	<u>Day</u>	<u>Date</u>	<u>Time:</u>	<u>Dress/Description</u>	<u>Location</u>
9	M	01/06	2:00 – 3:00 PM	Field Training	Beckman Turf
	TU	01/07	3:15 PM	@ Portola (League)	Portola (Bus 1:30 PM)
	W	01/08	2:00- 3:30 PM	Film/Resistance Training	Film/Weight Room
	TH	01/09	2:00 – 3:45 PM	Field Training	Beckman Turf
	F	01/10	4:45 PM	@ Woodbridge	David Sills/Alton Park (Bus 1:30 PM)
	SA	01/11	TBD		
10	M	01/13	2:00 – 3:00 PM	Field Training	Beckman Turf
	TU	01/14	3:15 PM	Irvine (League)	Beckman Turf
	W	01/15	2:00 – 3:30 PM	Film/Resistance Training	Film/Weight Room
	TH	01/16	2:00 – 3:45 PM	Field Training	Beckman Turf
	F	01/17	3:15 PM	@ Northwood (League)	Northwood (Bus 1:30 PM)
	SA	01/18	TBD		
11	M	01/20	2:00 – 3:00 PM	Film/Resistance Training	Film/Weight Room
	TU	01/16	2:00 – 3:45 PM	Field Training	Beckman Turf
	W	01/22	2:00 – 3:30 PM	University (League)	Beckman Turf
	TH	01/23	2:00 – 3:45 PM	Field Training	Beckman Turf
	F	01/24	3:15 PM	Portola (League)	Beckman Turf
	SA	01/25	TBD		
12	M	01/27	2:00 – 3:00 PM	Film/Resistance Training	Film/Weight Room
	TU	01/28	2:00 – 3:45 PM	Irvine (League)	Beckman Turf
	W	01/29	2:00- 3:30 PM	Fitness/Weight Room	Film/Weight Room
	TH	01/30	2:00 – 3:45 PM	Field Training	Beckman Turf
	F	01/31	7:00 PM	Woodbridge (League – Senior Game)	Northrup Stadium
	SA	02/01	TBD		
	M	02/03	3:15 PM	@ University (League)	University (Bus 1:30 PM)
	TU	02/04			
	W	02/05	3:15 PM	Northwood (League)	Beckman Track
		CIF			