

Mountain Heritage High School

2009 Lady Cougars Soccer

<u>Date</u>	<u>Game</u>	<u>JV</u>	<u>Vars</u>
Fri Feb 13	Tie/Dye day		
Mon Feb 16	First Practice	3:30 – 5:15	
Fri Feb 20	mile and half run		
Tues Feb 24	Scrimmage @ McDowell HS		6:00 ?
Thur Feb 26	home combined scrimmage with Mitchell	5:00	5:00

Regular Season Starts

Mon Mar 2	away @ North Henderson	5:00	7:00
Wed 4	away @ Thomas Jeff Class Academy - Vars		5:00
Fri 6	home vs. Pisgah	5:00	7:00
Mon 9	away @ Erwin - Varsity only		4:30
Wed 11	home vs. Enka	5:00	7:00
Fri 13	home vs North Henderson	5:00	7:00
Mon 16	home vs. Hendersonville	5:00	7:00
Wed 18	away @ Polk	5:00	7:00
Fri 20			
Mon 23	away @ Owen	5:00	7:00
Wed 25	home vs. Buncombe Home School – Vars		6:00
Fri 27	away @ W. Henderson	5:00	7:00
Mon 30	away @ Mitchell – Vars		6:00
Wed April 1	home vs. Avery -Vars		6:00
Thurs 2	JV only @ Swain	5:00	
Fri 3	Home vs Thomas Jeff Class Academy -Vars		6:00
Mon 6	home vs. Madison - Vars		6:00
Wed 8	away @ Hendersonville	5:00	7:00

April 11 - 19 Spring Break Training (on your own)

Wed 22	home Vars vs. Mitchell – JV vs. Ash Sch	4:30	6:00
Thurs 23	JV only home vs. Swain	5:30	
Mon 27	away @ Avery –Vars only		6:00
Wed 29	away @ Madison – Vars only		6:00
Fri May 1	JV only vs. Asheville School	4:00	
Mon 4	home vs Polk	5:00	7:00
Wed 6	home vs Owen	5:00	7:00
Fri 8			
Wed 13	1 st round of playoffs		