

Houston Lonestars Schedule Summer/Fall 2017

Key Dates	Date	Houston Lonestars Training/Games	Location	Other Event
	Sat 1-Jul	Summer Fitness	Memorial Park 11am	
	Wed 5-Jul	Training	Bendwood 6.30pm	
	Sat 8-Jul	Summer Fitness	Memorial Park 9.30am	
	Wed 12-Jul	Training	Bendwood 6.30pm	
WOMENS	Sat 15-Jul	Womens Talent Search #2/Summer Fitness	Bendwood Park 9am	Womens Social
	Wed 19-Jul	Video session and player meeting	Platypus 6.30pm	Womens Training
	Sat 22-Jul	Summer Fitness	TBC	
FALL KICK-OFF	Wed 26-Jul	Training *Fall Season Kick-Off*	Bendwood 6.30pm	
METRO/SOCIAL	Sat 29-Jul	Metro Combine/Team Selection	Bendwood Park 9am	US Revo Fundraising Social
	Wed 2-Aug	Training	Bendwood 6.30pm	
METRO	Sun 6-Aug	METRO #1	Bendwood Park, 5pm	IC17 Melbourne
	Wed 03-Aug	Training	Bendwood 6.30pm	IC17 Melbourne
METRO	Sun 13-Aug	METRO #2	Bendwood Park, 5pm	IC17 Melbourne
	Tue 16-Aug	Training	Bendwood 6.30pm	IC17 Melbourne
METRO	Sun 20-Aug	METRO #3	Bendwood Park, 5pm	IC17 Melbourne
	Wed 23-Aug	Training	Bendwood 6.30pm	
USAFL	Sat 26-Aug	USAFL Texas Cup Rd. 2 @ Austin(Away)	Austin	Womens Match @ Austin
	Wed 30-Aug	Training	Bendwood 6.30pm	
LABOR DAY	Sun 3-Sep	Labor Day Break		
	Wed 6-Sep	Training	Bendwood 6.30pm	
USAFL	Sat 09-Sep	USAFL LSU Tailgate @ Baton Rouge(Away)	Baton Rouge	Nashville & Baton Rouge
	Wed 13-Sep	Training	Bendwood 6.30pm	
SOCIAL	Sat 16-Sep	UoH Tailgate Social	UoH 2pm	
METRO	Sun 17-Sep	METRO #4	Bendwood Park, 5pm	
	Wed 20-Sep	Training	Bendwood 6.30pm	
USAFL	Sat 23-Sep	USAFL Dallas/LA @ Dallas(Away)	Dallas	Dallas & Los Angeles
	Wed 27-Sep	Training	Bendwood 6.30pm	
SOCIAL	Fri 29-Sep	AFL Grand Final Party	The Phoenix, 8pm-2am	
METRO	Sun 01-Oct	METRO #5	Bendwood Park, 5pm	
	Wed 4-Oct	Training	Bendwood 6.30pm	
USAFL	Sat 07-Oct	USAFL Texas Cup Rd. 3 @ Houston(Home)	Houston	Austin & Dallas
	Wed 11-Oct	Training	Bendwood 6.30pm	
	Sun 15-Oct	Training	Bendwood Park, 5pm	
	Wed 18-Oct	Training (TBC)	Bendwood 6.30pm	TBC
NATIONALS	Sat 21-Oct	USAFL NATIONALS @ San Diego	San Diego	
NATIONALS	Sun 22-Oct	USAFL NATIONALS @ San Diego	San Diego	
SOCIAL	Sat 28-Oct	Mad Monday	TBC	
SOCIAL	Fri 10-Nov	Lonestars Presentation Night	TBC	

Key
Fitness
Womens
Training
Social
USAFL
Nationals

Other Fitness Options:

ABBA Fitness - (Speak to Seany or DB)

Karbach Running Club - Thurs (Speak to DB or James)

Phoenix Fit Club - Mon (Speak to Matt or Bec)

Body Rehab Gym with Amanda - Speak to DB