

2009-10 WEST CHICAGO SHARKS PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR-A Strength	5:30-7:00 4:30-5:15	7:00-8:30	5:30-7:00 4:30-5:15	7:00-8:30		8:30-10:30 10:45-11:30	4:00-6:00
SENIOR-B Strength		5:30-7:00 4:30-5:15	7:00-8:30	5:30-7:00 4:30-5:15		8:30-10:00 10:15-11:00	4:00-5:30
JUNIORS Strength	5:30-6:30 4:30-5:15		5:30-6:30 4:30-5:15		5:30-7:00 4:30-5:15	10:30-11:30	4:00-5:00
9-10's	6:30-7:30	6:30-7:30		6:30-7:30	6:30-7:30	10:00-11:00	
8 & UN		5:30-6:30	6:30-7:30	5:30-6:30	5:30-6:30	11:00-12:00	
GOLD	6:30-7:30		6:30-7:30		6:30-7:30	11:00-12:00	
SILVER	5:30-6:15		5:30-6:15		5:30-6:15	10:00-11:00	