

2009-2010 WINTER VACATION PRACTICE SCHEDULE

	SAT 19-Dec	SUN 20-Dec
SENIOR-A&B	9:00-10:30	NO PRACTICES
JUNIORS	10:30-11:30	
9-10's	10:30-11:30	
8 & UN	11:30-12:30	
GOLD	11:30-12:30	
SILVER	10:30-11:15	

	MON 21-Dec	TUES 22-Dec	WED 23-Dec	THUR 24-Dec	FRI 25-Dec	SAT 26-Dec	SUN 27-Dec
SENIOR-A&B	9:00-10:30 STRENGTH TRAINING 10:45-11:30	9:00-10:30 STRENGTH TRAINING 10:45-11:30	9:00-10:30 STRENGTH TRAINING 10:45-11:30	NO PRACTICES	NO PRACTICES	9:00-10:30 STRENGTH TRAINING 10:45-11:30	NO PRACTICES
JUNIORS	10:30-11:30 STRENGTH TRAINING 11:45-12:30	10:30-11:30 STRENGTH TRAINING 11:45-12:30	10:30-11:30 STRENGTH TRAINING 11:45-12:30			10:30-11:30 STRENGTH TRAINING 11:45-12:30	
9-10's	10:30-11:30	10:30-11:30	10:30-11:30			10:30-11:30	
8 & UN	11:30-12:30	11:30-12:30	11:30-12:30			11:30-12:30	
GOLD	11:30-12:30	11:30-12:30	11:30-12:30			11:30-12:30	
SILVER	10:30-11:15	10:30-11:15	10:30-11:15			10:30-11:15	

	MON 28-Dec	TUES 29-Dec	WED 30-Dec	THUR 31-Dec	FRI 1-Jan	SAT 2-Jan	SUN 3-Jan
SENIOR-A&B	9:00-10:30 STRENGTH TRAINING 10:45-11:30	9:00-10:30 STRENGTH TRAINING 10:45-11:30	9:00-10:30 STRENGTH TRAINING 10:45-11:30	NO PRACTICES	NO PRACTICES	9:00-10:30 STRENGTH TRAINING 10:45-11:30	NO PRACTICES
JUNIORS	10:30-11:30 STRENGTH TRAINING 11:45-12:30	NO PRACTICES; MEET WITH DELTA IN EVENING	10:30-11:30 STRENGTH TRAINING 11:45-12:30			10:30-11:30 STRENGTH TRAINING 11:45-12:30	
9-10's	10:30-11:30		10:30-11:30			10:30-11:30	
8 & UN	11:30-12:30		11:30-12:30			11:30-12:30	
GOLD	11:30-12:30		11:30-12:30			11:30-12:30	
SILVER	10:30-11:15		10:30-11:15			10:30-11:15	