

2009 WEST CHICAGO SHARKS SPRING PRACTICE SCHEDULE

revised: 3-26-09

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------|
| SENIOR-A April 6-19 | 5:30-7:00 | 7:00-8:30 | | 7:00-8:30 | | 7:30-9:00 | |
| SENIOR-B April 7-19 | | 7:00-8:30 | 5:30-7:00 | | | 7:30-9:00 | |
| JUNIORS April 6-19 | 5:30-6:30 | | 5:30-6:30 | | 5:30-6:30 | | |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|------------------------|------------------------|------------------------|------------------------|------------------------|-------------------------|-----------|
| SENIOR-A April 20 to June 6 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 | | 7:30-9:00 9:15-10:00 | 4:00-5:30 |
| SENIOR-B April 21 to June 6 Strength | | 5:30-7:00 4:30-5:15 | 7:00-8:30 | 5:30-7:00 4:30-5:15 | | 7:30-9:00 9:15-10:00 | 4:00-5:30 |
| JUNIORS April 20 to June 10 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 | 9:00-10:00 | 4:00-5:00 |
| 9-10's April 20 to June 6 | 6:30-7:30 | 6:30-7:30 | | 6:30-7:30 | 6:30-7:30 | 9:00-10:00 | |
| 8 & UN April 20 to June 6 | | 5:30-6:30 | 6:30-7:30 | 5:30-6:30 | 5:30-6:30 | 10:00-11:00 | |
| GOLD May 4 to June 6 | 6:30-7:30 | | 6:30-7:30 | | 6:30-7:30 | | |
| SILVER May 4 to June 6 | 5:30-6:15 | | 5:30-6:15 | | 5:30-6:15 | | |

2009 WEST CHICAGO SHARKS SUMMER PRACTICE SCHEDULE

JUNE 8 - JULY 14

| Group: | Senior-A | Senior-B | Junior | 9-10's | 8 & under | Gold | Silver |
|-----------|---|--|--|---------------|----------------|--|---|
| Monday | 6:30-8:30 am and 4:00-5:30 pm | 8:30-10:00 am and 4:00-5:30 pm | 8:30-9:30 am | 9:30-10:30 am | 10:30-11:30 am | 10:30-11:30 am or 4:30-5:30 pm | 9:30-10:30 am or 4:30-5:30 pm |
| Tuesday | 6:30-8:30 am and 4:00-5:30 pm | 8:30-10:00 am and 4:00-5:30 pm | 8:30-9:30 am | 9:30-10:30 am | 10:30-11:30 am | 10:30-11:30 am or 4:30-5:30 pm | 9:30-10:30 am or 4:30-5:30 pm |
| Wednesday | 6:30-8:30 am and 4:00-5:30 pm | 8:30-10:00 am and 4:00-5:30 pm | 8:30-9:30 am | 9:30-10:30 am | 10:30-11:30 am | 10:30-11:30 am or 4:30-5:30 pm | 9:30-10:30 am or 4:30-5:30 pm |
| Thursday | 6:30-8:30 am and 4:00-5:30 pm | 8:30-10:00 am and 4:00-5:30 pm | 8:30-9:30 am | 9:30-10:30 am | 10:30-11:30 am | 10:30-11:30 am or 4:30-5:30 pm | 9:30-10:30 am or 4:30-5:30 pm |
| Friday | 6:30-8:30 am and 4:00-5:30 pm | 8:30-10:00 am and 4:00-5:30 pm | 8:30-9:30 am | 9:30-10:30 am | 10:30-11:30 am | off | off |
| | Strength Train: 8:45-9:30 Mon-Thur | Strength Train: 10:15-11:00 Mon-Thur | Strength Train: 9:45-10:30 Mon-Thur | | | | |