

2010 WEST CHICAGO SHARKS SPRING PRACTICE SCHEDULE

revised: 1-9-10

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR-A	April 19 to June 5 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 19 to June 5 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 19 to June 5 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 19 to June 5	6:30-7:30	6:30-7:30		6:30-7:30	6:30-7:30	9:00-10:00	
8 & UN	April 19 to June 5		5:30-6:30	6:30-7:30	5:30-6:30	5:30-6:30	10:00-11:00	
GOLD	April 28 to June 4	6:30-7:30		6:30-7:30		6:30-7:30		
SILVER	April 28 to June 4	5:30-6:15		5:30-6:15		5:30-6:15		

2010 WEST CHICAGO SHARKS SUMMER PRACTICE SCHEDULE

JUNE 7 - JULY 13

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				