

2009-10 PRACTICE SCHEDULE

Pre-Competes **Group A**
Monday / Wednesday 5:30-6:15

Pre-Competes **Group B**
Tuesday / Thursday 5:30-6:15

Silvers **@ BHS**
Mon / Wed 6:15- 7:15
Tue / Thu 6:15- 7:15

AG1's
Mon / Wed BHS 5:30- 6:45
Tuesday BHS 5:30- 6:45
Thursday Fitness Ctr 7:15- 8:30
Saturday BHS 10:00-11:30a
Dryland tba

AG2's
Monday Fitness Ctr 6:30- 8:00
Tuesday Fitness Ctr 7:15- 8:45
Wed-Thu BHS 5:30- 7:00
Saturday BHS 10:00-11:30a
Dryland tba

Junior / Seniors
Mon-Thu 6:45-8:45
Friday 5:30-7:30
Saturday 6:00-8:00am
Dryland> M-TH 6:00-6:40
 Saturday 8:00-9:00am
AM's> M/W/TH 5:30-7:00am