

April 2010



SEAHAWKS  
Conditioning Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>1</u>	<u>2</u>	<u>3</u>
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
<u>19</u> MW 7:00 – 9:00 PM <b>SEAHAWKS</b>	<u>20</u>	<u>21</u> MW 7:00 – 9:00 PM <b>SEAHAWKS</b>	<u>22</u>	<u>23</u>	<u>24</u> MW 10:00 AM – 12:00 PM <b>SEAHAWKS</b>
<u>26</u> MW 7:00 – 9:00 PM <b>SEAHAWKS</b>	<u>27</u>	<u>28</u> MW 7:00 – 9:00 PM <b>SEAHAWKS</b>	<u>29</u>	<u>30</u>	

**MAY 2009**



**SEAHAWK  
Conditioning Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<sup>1</sup> MW 10:00 AM – 12:00 PM <b>SEAHAWKS</b>
<sup>3</sup> GW 6:30 – 8:30 PM <b>SEAHAWKS</b>	<sup>4</sup>	<sup>5</sup> GW 6:30 – 8:30 PM <b>SEAHAWKS</b>	<sup>6</sup>	<sup>7</sup>	<sup>8</sup> GW 10:00 AM – 12:00 PM <b>SEAHAWKS</b>
<sup>10</sup> GW 6:30 – 8:30 PM <b>SEAHAWKS</b>	<sup>11</sup>	<sup>12</sup> GW 6:30 – 8:30 PM <b>SEAHAWKS</b>	<sup>13</sup>	<sup>14</sup>	<sup>15</sup> GW 11:00 AM – 1:00 PM <b>SEAHAWKS</b>
<sup>17</sup> EL D. 7:00 – 9:00 PM <b>SEAHAWKS</b>	<sup>18</sup>	<sup>19</sup> EL D. 7:00 – 9:00 PM <b>SEAHAWKS</b>	<sup>20</sup>	<sup>21</sup>	<sup>22</sup> EL D. 10:00 AM – 12:00 PM <b>SEAHAWKS</b>
<sup>24</sup> EL D. 7:00 – 9:00 PM <b>SEAHAWKS</b>	<sup>25</sup>	<sup>26</sup> EL D. 7:00 – 9:00 PM <b>SEAHAWKS</b>	<sup>27</sup>	<sup>28</sup>	<sup>29</sup> EL D. 10:00 AM – 12:00 PM <b>SEAHAWKS</b>
<sup>31</sup> <b>SEASON BEGINS</b> MW 7:00 – 9:00 PM <b>SEAHAWKS</b>					

**June 2010**



**SEAHAWKS  
Summer Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>1</u>	<u>2</u> <i>MW 7:00 – 9:00 PM SEAHAWKS</i>	<u>3</u>	<u>4</u>	<u>5</u> <b><u>Seahawk time trials</u></b> 10:00 – 12:00
<u>7</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>8</u>	<u>9</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>10</u> <b>Porterville Hurricanes</b>	<u>11</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>12</u>
<u>14</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>15</u> <b>(Home) Kingsburg Seawolves</b>	<u>16</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>17</u> <b>Exeter Eels</b>	<u>18</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>19</u> <b><u>Tri Meet</u></b> Bucs Waves
<u>21</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>22</u> <b>Tulare Sharks</b>	<u>23</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>24</u> <b>(Home) Reedley Marlins</b>	<u>25</u> EI D 5:00 – 7:00 PM <b>SEAHAWKS</b>	<u>26</u>
<u>28</u> GW 6:00 – 8:00 PM <b>SEAHAWKS</b>	<u>29</u> <b>Sierra Silver Fins</b>	<u>30</u> GW 6:00 – 8:00 PM <b>SEAHAWKS</b>			

**July 2010**



**SEAHAWK  
Summer Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>1</u>	<u>2</u> GW 6:00 – 8:00 PM SEAHAWKS	<u>3</u>
<u>5</u> GW 6:00 – 8:00 PM SEAHAWKS	<u>6</u> <b>(Home)</b> Selma Aqua Bears	<u>7</u> GW 6:00 – 8:00 PM SEAHAWKS	<u>8</u>	<u>9</u> GW 6:00 – 8:00 PM SEAHAWKS	<u>10</u> <b><u>Time Trials</u></b> Lindsay
<u>12</u> GW 4:00 – 6:00 PM SEAHAWKS	<u>13</u>	<u>14</u> GW 4:00 – 6:00 PM SEAHAWKS	<u>15</u>	<u>16</u> GW 4:00 – 6:00 PM SEAHAWKS	<u>17</u> <b><u>Finals</u></b> GW
<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>