

April 2011



Spring Conditioning Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PARTICIPANTS ARE SCHEDULED TO PRACTICE AS FOLLOWS: <i>Ages 10 Years & Under will practice the FIRST hour of each scheduled practice session.</i> <i>Ages 11 Years & Older will practice the SECOND hour of each scheduled practice session.</i>					
<u>4</u> GW 6:30 – 8:30 PM	<u>5</u>	<u>6</u> GW 6:30 – 8:30 PM	<u>7</u>	<u>8</u>	<u>9</u> GW 10:00 AM – 12:00 PM
<u>11</u> GW 6:30 – 8:30 PM	<u>12</u>	<u>13</u> GW 6:30 – 8:30 PM	<u>14</u>	<u>15</u>	<u>16</u> GW 10:00 AM – 12:00 PM <u>Sizing for Team Suit</u>
<u>18</u> GW 6:30 – 8:30 PM	<u>19</u>	<u>20</u> GW 6:30 – 8:30 PM	<u>21</u>	<u>22</u>	<u>23</u> GW 10:00 AM – 12:00 PM
<u>25</u> GW 6:30 – 8:30 PM	<u>26</u>	<u>27</u> GW 6:30 – 8:30 PM	<u>28</u>	<u>29</u>	<u>30</u> <u>COACHES CLINIC</u> <u>NO CONDITIONING</u>

