

# OCTOBER 2019



| Sun | Mon   | Tue   | Wed   | Thu  | Fri   | Sat                         |
|-----|---|---|---|--|---|-----------------------------|
| 6   | 7<br>7:30 AM Lift<br>8:30 AM Pos Mtgs<br><br>4:00 PM Team Mt<br>4:35-6:45 SHELLS  | 8<br>7:30 AM Lift<br><br>4:00-4:20 Pos Mtg<br>4:35-6:45 Full  | 9<br><br>3:00-3:20 ST Meet<br>3:35-5:45 FULL  | 10<br>7:30 AM Lift<br>Varsity<br>4:00-4:20 Pos Mtg<br>4:35-6:15 Shells<br><br>JVb 5 PM @ Nease<br>JVa 7 PM @ Nease             | 11<br><b>End of 1<sup>st</sup> Grading Period</b><br><br>JV Conditioning<br>4:00-5:00 PM<br><br>Varsity<br>7 PM (H) Nease | 12                          |
| 13  | 14<br>7:30 AM Lift<br>8:30 AM Pos Mtgs<br><br>4:00 PM Team Mt<br>4:35-6:45 SHELLS   | 15<br>7:30 AM Lift<br><br>4:00-4:20 Pos Mtg<br>4:35-6:45 Full | 16<br><br>3:00-3:20 ST Meet<br>3:35-5:45 FULL | 17<br>7:30 AM Lift<br><br>Varsity<br>4:00-4:20 Pos Mtg<br>4:35-6:15 Shells<br><br>JVb 5 PM @ Creekside<br>JVa 7 PM @ Creekside | 18<br><br><br>Varsity<br>7 PM @ Oakleaf   | 19                          |
| 20  | 21<br>7:30 AM Lift<br>8:30 AM Pos Mtgs<br><br>4:00 PM Team Mt<br><i>JV – Equip Return</i><br><br>Varsity – Practice<br>4:35-6:45 SHELLS | 22<br>7:30 AM Lift<br><br>4:00-4:20 Pos Mtg<br>4:35-6:45 Full | 23<br><br>3:00-3:20 ST Meet<br>3:35-5:45 FULL | 24<br>7:30 AM Lift<br><br>4:00-4:20 Pos Mtg<br>4:35-6:15 Shells  | 25<br><br><br>7 PM @<br>Sandalwood  | 26                          |
| 27  | 28<br>7:30 AM Lift<br>8:30 AM Pos Mtgs<br><br>4:00 PM Team Mt<br>4:35-6:45 SHELLS   | 29<br>7:30 AM Lift<br><br>4:00-4:20 Pos Mtg<br>4:35-6:45 Full | 30<br><br>3:00-3:20 ST Meet<br>3:35-5:45 FULL | 31<br>7:30 AM Lift<br><br>4:00-4:20 Pos Mtg<br>4:35-6:15 Shells  | November 1<br><br><br>7 PM (H) Raines   | <i>Revised<br/>10/13/19</i> |