

~ February 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 MS MPR (half gym) 3-3:45 Speed training 3:45-4:30 Drills	3	4
5	6 MS MPR (half gym) 6-6:45 Speed training 6:45-8:00 Drills	7	8	9	10	11
12	13 MS MPR (half gym) 6-6:45 Speed training 6:45-8:00 Drills	14	15	16	17	18
19	20 MS MPR (half gym) 6-6:45 Speed training 6:45-8:00 Drills	21	22	23	24	25
26	27 MS MPR (half gym) 3-3:45 Speed training 3:45-4:30 Drills	28	29	Notes: <ul style="list-style-type: none"> • Bring goggles, stick, and mouth guard to all practices. • Practices are optional • Athletes trying out for Varsity and JV ONLY. 		