

January 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 MS MPR 3-4 Speed Clinic 4-5:30 Drills	5	6 MS MPR 5-7 Drills and Conditioning	7	8	9 MS MPR 8:30-9:30 Speed Clinic
10	11 MS MPR 3-4 Speed Clinic 4-5:30 Drills	12	13 MS MPR 5-7 Drills and Conditioning	14	15	16
17	18 MS MPR 3-4 Speed Clinic 4-5:30 Drills	19	20 MS MPR 5-7 Drills and Conditioning	21	22	23 MS MPR 8:30-9:30 Speed Clinic
24	25 MS MPR 3-4 Speed Clinic 4-5:30 Drills	26	27 MS MPR 5-7 Drills and Conditioning	28	29	30
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February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 MS MPR 3-4 Speed Clinic 4-5:30 Drills	2	3 MS MPR 5-7 Drills and Conditioning	4	5	6
7	8 Stadium (Turf) 3-4 Speed Clinic	9	10 MS MPR 5-7 Drills and Conditioning	11	12	13 Stadium (Turf) 8:30-9:30 Speed Clinic
14	15 Stadium (Turf) 3-4 Speed Clinic	16	17 MS MPR 5-7 Drills and Conditioning	18	19	20 MS MPR 8:30-9:30 Speed Clinic
21	22	23	24 MS MPR 5-7 Drills and Conditioning	25	26	27 MS MPR 8:30-9:30 Speed Clinic
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