

~ January 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 MS MPR (full gym) 6-6:45 Speed training 6:45-8 Drills	10	11	12 MS MPR (half gym) 3-3:45 Speed training 3:45-4:30 Drills	13	14
15	16 MS MPR (full gym) 6-6:45 Speed training 6:45-8 Drills	17	18	19 MS MPR (half gym) 3-3:45 Speed training 3:45-4:30 Drills	20	21
22	23 MS MPR (full gym) 6-6:45 Speed training 6:45-8 Drills	24	25	26 MS MPR (half gym) 3-3:45 Speed training 3:45-4:30 Drills	27	28
29	30 MS MPR (full gym) 6-6:45 Speed training 6:45-8 Drills	31	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. 			