

December

MANDATORY TEAM MEETING : THURSDAY, NOVEMBER 19 @ 2:30P.M.

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
****Physical Forms are due on 11/19/09. <u>Practice begins</u> <u>Monday 11/30 @</u> <u>2:45- 5:00</u>		1 PRACTICE 2:45 – 5:00	2 PRACTICE 2:45 – 5:00	3 PRACTICE 2:45 – 5:00	4 PRACTICE 2:45 – 5:00	5 PRACTICE 9:00 – 11:00
6	7 PRACTICE 2:45 – 5:00	8 PRACTICE 2:45 – 5:00	9 PRACTICE 2:45 – 5:00	10 PRACTICE 2:45 – 5:00	11 PRACTICE 2:45 – 5:00	12 PRACTICE 9:00 – 11:00
13	14 PRACTICE 2:45 – 5:00	15 PRACTICE 2:45 – 5:00	16 PRACTICE 2:45 – 5:00	17 PRACTICE 2:45 – 5:00	18 PRACTICE 2:45 – 5:00	19 Fciac meet # 1 10:00
20	21 PRACTICE 2:45 – 5:00	22 PRACTICE 2:45 – 5:00	23 PRACTICE TBA	24 OFF	25 OFF	26 OFF
27	28 PRACTICE 9:00 – 11:00	29 PRACTICE 9:00 – 11:00	30 PRACTICE 9:00 – 11:00	31 PRACTICE 9:00 – 11:00		

2009

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 OFF	2 HARTFORD INVITATIONAL 9:30 AM
3	4 PRACTICE 2:45 – 5:00	5 PRACTICE 2:45 – 5:00	6 PRACTICE 2:45 – 5:00	7 PRACTICE 2:45 – 5:00	8 PRACTICE 2:45 – 5:00	9 Fciac meet # 2 10:00
10	11 PRACTICE 2:45 – 5:00	12 PRACTICE 2:45 – 5:00	13 PRACTICE 2:45 – 5:00	14 PRACTICE 2:45 – 5:00	15 YALE CLASSIC TBA	16 Fciac meet # 3 10:00 YALE CLASSIC TBA
17	18 **MLK DAY PRACTICE (TBA)	19 PRACTICE 2:45 – 5:00	20 PRACTICE 2:45 – 5:00	21 PRACTICE 2:45 – 5:00	22 PRACTICE 2:45 – 5:00	23 Fciac meet # 4 10:00 SCC COACHES INVITE (TBA)
24	25 PRACTICE 2:45 – 5:00	26 PRACTICE 2:45 – 5:00	27 PRACTICE 2:45 – 5:00	28 PRACTICE 2:45 – 5:00	29 PRACTICE 2:45 – 5:00	30 Division Championship 10 a.m.
31						

2010

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 PRACTICE 2:45 – 5:00	2 PRACTICE 2:45 – 5:00	3 PRACTICE 2:45 – 5:00	4 PRACTICE 2:45 – 5:00	5 PRACTICE 2:45 – 5:00	6 Fciac Championship 4:00
7	8 Girls Outdoor track meeting PRACTICE	9 PRACTICE 2:45 – 5:00	10 PRACTICE 2:45 – 5:00	11 PRACTICE 2:45 – 5:00	12 CLASS LL CHAMPIONSHIP 4:00 PM	13 NO PRACTICE
14	15 PRACTICE 9:00 – 11:00 **WINTER BREAK	16 PRACTICE 9:00-11:00 **WINTER BREAK	17 PRACTICE 9:00- 11:00 **WINTER BREAK	18 PRACTICE 9:00 – 11:00 **WINTER BREAK	19 PRACTICE 9:00-11:00 **WINTER BREAK	20 State Open Championship TBA
21	22 PRACTICE TBA **NO SCHOOL**	23 PRACTICE 2:45 – 5:00	24 PRACTICE 2:45 – 5:00	25 PRACTICE 2:45 – 5:00	26 PRACTICE 2:45 – 5:00	27 PRACTICE TBA
28						

2010

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 PRACTICE 2:45-5:00	2 PRACTICE 2:45-5:00	3 PRACTICE 2:45-5:00	4 PRACTICE 2:45-5:00	5 New Englands TBA	6 NO PRACTICE
7	8 PRACTICE 2:45-5:00	9 PRACTICE 2:45-5:00	10 PRACTICE 2:45-5:00	11 PRACTICE 2:45-5:00	12 Nationals TBA	13 Nationals TBA
14 Nationals TBA	15 ACTIVE REST TBA	16 ACTIVE REST TBA	17 ACTIVE REST TBA	18 ACTIVE REST TBA	19	20
21	22 Outdoor track Practice	23	24	25	26	27
28	29	30	31			

2010