

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	Jan 24
Senior Elite	8:30-10:00am	3:45-5:30pm		3:45-5:30pm	INTRASQUAD MEET	INTRASQUAD MEET	
Senior	10:30-11:30am	6:00-7:00pm		6:00-7:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Junior	8:30-9:30am		3:45-5:00pm		INTRASQUAD MEET	INTRASQUAD MEET	
Gold	9:30-10:30am		5:00-6:00pm		INTRASQUAD MEET	INTRASQUAD MEET	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm	INTRASQUAD MEET	INTRASQUAD MEET	
Bronze 10U	10:00-10:30am		4:30-5:00pm				

Monday January 18 - M. Luther King Jr. Day, All practices are in the morning

Friday January 22 and Saturday January 23 - Intrasquad meet, details will be emailed during this week