

	Monday January 16	Tuesday January 17	Wednesday January 18	Thursday January 19	Friday January 20	Saturday January 21	Sunday January 22	Monday January 23
(AM)	No AM Practice	Sr Nati-5:30-7:00	No AM Practice	Sr Nati-5:30-7:00	No AM Practice	SR Nat 7:00-10:00 Sr 1 7:00-10:00 Jr 3 8:30-10:30 Jr 2 8:30-10:30 Jr 1 8:30-10:30 ShAC 3:10:30-11:30 ShAC 2 10:30-11:15 Masters 1:00-12:00	No AM Practice	No AM Practice
Practice	SR Nat 4:00-6:45 Sr 1 4:00-6:45 Jr 3 5:30-7:30 Jr 2 5:30-7:30 Jr 1 6:00-7:30 ShAC 3 :5:00-6:00 ShAC 2 4:15 - 4:00 Masters 12:00-1:00	SR Nat 4:00-6:45 Sr 1 4:00-6:45 Jr 3 5:30-7:30 Jr 2 5:30-7:30 Jr 1 6:00-7:30 ShAC 3 :5:00-6:00 ShAC 2 4:15 - 4:00 Masters 12:00-1:00	SR Nat 4:00-6:45 Sr 1 4:00-6:45 Jr 3 5:30-7:30 Jr 2 5:30-7:30 Jr 1 6:00-7:30 ShAC 3 :5:00-6:00 ShAC 2 4:15 - 4:00 Masters 12:00-1:00	SR Nat 4:00-6:45 Sr 1 4:00-6:45 Jr 3 5:30-7:30 Jr 2 5:30-7:30 Jr 1 6:00-7:30 ShAC 3 :5:00-6:00 ShAC 2 4:15 - 4:00 Masters 12:00-1:00	SR Nat 4:00-6:00 Sr 1 4:00-6:00 Jr 3 5:30-7:30 Jr 2 5:30-7:30 Jr 1 6:00-7:30 ShAC 3 :5:00-6:00 ShAC 2 4:15 - 4:00 Masters 12:00-1:00	NO PM PRACTICE	NO PM PRACTICE	SR Nat 4:00-6:45 Sr 1 4:00-6:45 Jr 3 5:30-7:30 Jr 2 5:30-7:30 Jr 1 6:00-7:30 ShAC 3 :5:00-6:00 ShAC 2 4:15 - 4:00 Masters 12:00-1:00
Due	-	-	-	-	-	-	-	-
B-day	 River Sumner	 Camile Kringle	-	-	-	 Adam Citizen	-	-
Meets & Events	-	-	-	-	-	-	-	-