

JUNIOR 1 PRACTICE SCHEDULE 5/6/19 - 6/23/19

AM WORKOUT

PM WORKOUT

COMMENTS

Day	Date	AM WORKOUT	PM WORKOUT	COMMENTS
Sunday	5-May	OFF	OFF	
Monday	6-May	OFF	6:15 - 7:45 pm	
Tuesday	7-May	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Wednesday	8-May	OFF	6:15 - 7:30 pm	YOGA 5:30 - 6:10 pm
Thursday	9-May	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Friday	10-May	OFF	6:15 - 7:45 pm	
Saturday	11-May	OFF	7:45 - 9:20 am	YOGA 9:30 - 10:10 am
Sunday	12-May	OFF	OFF	
Monday	13-May	OFF	6:15 - 7:45 pm	
Tuesday	14-May	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Wednesday	15-May	OFF	6:15 - 7:30 pm	YOGA 5:30 - 6:10 pm
Thursday	16-May	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Friday	17-May	OFF	6:15 - 7:45 pm	
Saturday	18-May	OFF	7:45 - 9:20 am	YOGA 9:30 - 10:10 am
Sunday	19-May	OFF	OFF	
Monday	20-May	OFF	6:15 - 7:45 pm	
Tuesday	21-May	OFF	6:15 - 7:30 pm	
Wednesday	22-May	OFF	6:15 - 7:30 pm	YOGA 5:30 - 6:10 pm
Thursday	23-May	OFF	6:15 - 7:30 pm	
Friday	24-May	OFF	OFF	MEMORIAL DAY MEET @ BAC
Saturday	25-May	OFF	OFF	MEMORIAL DAY MEET @ BAC
Sunday	26-May	OFF	OFF	MEMORIAL DAY MEET @ BAC
Monday	27-May	MEMORIAL DAY	OFF	
Tuesday	28-May	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Wednesday	29-May	OFF	6:15 - 7:30 pm	YOGA 5:30 - 6:10 pm
Thursday	30-May	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Friday	31-May	OFF	6:15 - 7:45 pm	
Saturday	1-Jun	OFF	7:45 - 9:20 am	BAC Picnic & Jim Wood Celebration of Life
Sunday	2-Jun	OFF	OFF	
Monday	3-Jun	OFF	6:15 - 7:45 pm	
Tuesday	4-Jun	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Wednesday	5-Jun	OFF	6:15 - 7:30 pm	YOGA 5:30 - 6:10 pm
Thursday	6-Jun	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Friday	7-Jun	OFF	3:45 - 5:00 pm	
Saturday	8-Jun	OFF	OFF	LIAC SUMMER CLASSIC @ Long Island
Sunday	9-Jun	OFF	OFF	RUBBER DUCKY @ BAC
Monday	10-Jun	OFF	6:15 - 7:45 pm	
Tuesday	11-Jun	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Wednesday	12-Jun	OFF	6:15 - 7:30 pm	YOGA 5:30 - 6:10 pm
Thursday	13-Jun	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Friday	14-Jun	OFF	FRIDAY NIGHT MEET @ BAC	SEAWORLD SOLSTICE @ ORLANDO, FL
Saturday	15-Jun	OFF	7:45 - 9:20 am	SEAWORLD SOLSTICE @ ORLANDO, FL
Sunday	16-Jun	OFF	OFF	SEAWORLD SOLSTICE @ ORLANDO, FL
Monday	17-Jun	OFF	6:15 - 7:45 pm	SEAWORLD SOLSTICE @ ORLANDO, FL
Tuesday	18-Jun	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Wednesday	19-Jun	OFF	6:15 - 7:30 pm	YOGA 5:30 - 6:10 pm
Thursday	20-Jun	OFF	6:15 - 7:30 pm	DRY LAND 5:30 - 6:05 pm
Friday	21-Jun	OFF	FRIDAY NIGHT MEET @ BAC	FRIDAY NIGHT MEET @ BAC
Saturday	22-Jun	OFF	7:45 - 9:20 am	YOGA 9:30 - 10:10 am
Sunday	23-Jun	OFF	OFF	
Monday	24-Jun			

SEE JUNIOR PRACTICE SCHEDULE EITHER INDOORS AT BAC or OUTSIDE AT NPCP

