





NOVEMBER 2009 C.M.S.C. TRAINING SCHEDULE

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2	3 AT Sportsclub TRYOUTS	4 AT Sportsclub TRYOUTS	5 AT McCOOK Practice 5:00-7:00 U12, U13 Practice 7:00-9:00 U14, U15	6	7 AT Sportsclub Practice 9:00-10:30 U14 PRE Practice 10:30-12:30 U15
8	9 AT Sportsclub Practice 7:00-9:00 U16, U17, U18	10 AT Sportsclub Practice 4:30-6:00 U8, U9, U9G, U10G Practice 5:30-7:00 U10, U11, U12G Practice 6:30-8:30 U12, U13, U14, U15	11	12 AT McCook Practice 5:00-7:00 U12, U13, U14 Practice 7:00-9:00 U15, U16 Academy, U18 Academy	13	14 AT Sportsclub Practice 9:00-10:30 U14 PRE Practice 10:30-12:30 U15
15 AT Sportsclub Practice 8:00-10:00 U13, U14, U15, U16, U17, U18	16 AT Sportsclub Practice 7:00-9:00 U16, U17, U18	17 AT Sportsclub Practice 4:30-6:00 U8, U9, U9G, U10G Practice 5:30-7:00 U10, U11, U12G Practice 6:30-8:30 U12, U13, U14, U15	18	19 AT McCook Practice 5:00-7:00 U12, U13, U14 Practice 7:00-9:00 U15, U16 Academy, U18 Academy	20	21
22 AT Sportsclub Practice 8:00-10:00 U13, U14, U15, U16, U17, U18	23	24	25	26	27	28
	Thanksgiving Break					
29 AT Sportsclub Practice 8:00-10:00 U13, U14, U15, U16, U17, U18	30 AT Sportsclub Practice 7:00-9:00 U16, U17, U18					

NOVEMBER 2009 C.M.S.C. TRAINING SCHEDULE

Academy Schedule

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 	2 AT Olympic Park #1 Practice 7:00-9:00 Academy	3	4 AT Olympic Park #1 Practice 7:00-9:00 Academy	5 AT Olympic Park #1 Practice 7:00-9:00 Academy	6 AT Olympic Park #2 Practice 7:00-9:00 Academy	7 AT Sportsclub (outside) Practice 9:00-10:30 U16 Academy Practice 10:30-12:00 U18 Academy
8 AT Sportsclub (outside) Scrimmage 11:30 #3 U16 Academy Scrimmage 11:30 #1 U18 Academy	9	10 AT HP Bubble Practice 6:30-8:30 Academy	11	12 AT McCook Practice 7:00-9:00 Academy	13	14 AT Sportsclub (outside) Practice 9:00-10:30 U16 Academy Practice 10:30-12:00 U18 Academy
15 AT Sportsclub (outside) Scrimmage 11:30 #3 U18 Academy Scrimmage 1:30 #1 U16 Academy	16	17 AT HP Bubble Practice 6:30-8:30 Academy	18	19 AT McCook Practice 7:00-9:00 Academy	20	21 AT Sportsclub (outside) Practice 9:00-11:00 Academy
22 AT HP Bubble Practice 10:00-1:00 Academy	23	24 AT HP Bubble Practice 6:30-8:30 Academy	25	26 THANKSGIVING	23	24
29 AT HP Bubble Practice 10:00-1:00 Academy	30 	December 1 AT HP Bubble Practice 6:30-8:30 Academy	2	3 AT McCook Practice 7:00-9:00 Academy	4 	5 AT Sportsclub League 9:30-12:00 Academy