





February 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 31 12 & Under Junior Olympics @ Belmont	1 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	2 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	3 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	4 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	5 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00 13 & Up Junior Olympic @ Belmont	6
7 13 & Up Junior Olympics @ Belmont	8 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	9 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	10 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	11 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	12 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	13 WI & WII 8:00 - 9:00 Bronze 8:00 - 9:15 Silver/Gold 8:00 - 9:30 Varsity 8:00 - 9:30 PreSr/Sr 7:30 - 9:30
14 	15 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	16 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	17 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	18 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	19 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	20 JO Max Short Course Metro Champs @Downey
21 JO Max Short Course Metro Champs @Downey	22  Metro Champs Celebration NO PRACTICE	23 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	24 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	25 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	26 WI & WII 4:45 - 6:00 Bronze 4:45 - 6:15 Silver/Gold 5:45 - 7:30 Varsity 5:45 - 7:30 PreSr/Sr 4:30 - 7:00	27 No Practice
28						<p style="text-align: center;"> “True friendship is seen through the heart, not through the eyes.” -Unknown </p>