



# Practice Schedule Fall 2008

		Full and 2-60x40s		Practice and 3-60x40s				Full and 75x50			
		LongPoint		PW # 5	PW # 6	PW # 7	PW # 8	Park West Track			
		A	B	A	B	A	B	A	B	A	B
MON	5:00PM	Roderique	Bunting	Crutch/Shim	Glennon	Baltimore	U10 Girls Pool 1	U-18			
	6:15PM	Jackson	Buck	Glenn/Burbage	Baltimore/Tad	Valinski	U10 Boys Pool 1	U-18			
	7:30PM			U-13 B	U-13 G			Adult			
	8:45PM							Adult			
TUE	5:00PM		Cobb	Shim/Wallace	Hill/Warren	Kentros 9/9/Goble	Thorson	Football			
	6:15PM			Shim/Conahan	Kendal/Kurtz	Borders/Kentros	U15 Boys White				
	7:30PM			Malloch/Gardner	Hopkins/Baltimore	Van M					
	8:45PM										
WED	5:00PM		Merril	Shim/Crutch	U-13 G	Clark (5:15)/Hamlin	U12 Boys Barcelona	U-18			
	6:15PM		Sudzina	Baltimore	Ruth/Glenn	CallahanKendal	U12 Boys Real	U-18			
	7:30PM			Cook (U-18)	Waddell (18)			Adult			
	8:45PM			Clay Wheatley (adult)				Adult			
THU	5:00PM	Football			Hill	Warren/Goble	Thorson	Flag Football			
	6:15PM			Shim/Kentros	Andrews/Kurtz	Borders/Conahan	Glennon/Wilkins	Flag Football			
	7:30PM			Malloch/Hopkins	Gardner/Kendal	Van M		U18 Girls Maroon	U14 Girls Elite		
	8:45PM										
FRI	5:00PM			Rick Farrell							
	6:15PM										
	7:30PM										
SAT	9:00AM	Football		Micro							
	10:15AM										
	11:30PM										
	12:45PM										
	2:00PM										
	3:15PM										
SUN	1:00PM	Football									
	2:15PM										
	3:30PM			Burbage							

# Practice Schedule Fall 2008

				Full		75x50 and Football		Full and 75x50										
		Moultrie		Cario Full		Cario Half		Trident Academy		Jones Center								
		A	B	A	B	A	B	A	B	A	B							
<b>M O N</b>	5:00PM	Football	Football	Football	Football					Football	Football							
	6:15 PM																	
	7:45 PM																	
	9:00 PM																	
<b>T U E</b>	5:00 PM					Football						Football						
	6:15 AM																	
<b>W E D</b>	5:00PM					Football						Football		O'shields	Stanton			
	6:15 PM													Tunesi	Bain			
	7:45 AM																	
	9:00 PM																	
<b>T H U</b>	5:00 PM					Football						Football				O'Neil/Oppold	Football	
	7:00 PM															Driggers/Job		
<b>F R I</b>	5:00PM					Football						Football						
	6:15PM																	
	7:30PM																	
<b>S A T</b>	9:00AM					Football						Football						
	10:15AM																	
	11:30PM																	
	12:45PM																	
	2:00PM																	
<b>S U N</b>	1:00PM	Football				Football												
	2:15PM																	
	3:30PM																	

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# Practice Schedule

## Fall 2008

		JB Edwards		Laing		Wiles		Town Hall		OLD Wando	
		A	B	A	B	A	B	A	B	A	B
<b>M</b> <b>O</b> <b>N</b>	5:00PM										
	6:15 PM										
	7:45 PM										
	9:00 PM										
<b>T</b> <b>U</b> <b>E</b>	5:00 PM										
	6:15 AM										
<b>W</b> <b>E</b> <b>D</b>	5:00PM										
	6:15 PM										
	7:45 AM										
	9:00 PM										
<b>T</b> <b>H</b> <b>U</b>	5:00 PM										
	7:00 PM	Football									
<b>F</b> <b>R</b> <b>I</b>	5:00PM										
	6:15PM										
	7:30PM										
<b>S</b> <b>A</b> <b>T</b>	9:00AM										
	10:15AM										
	11:30PM										
	12:45PM										
	2:00PM										
<b>S</b> <b>U</b> <b>N</b>	1:00PM										
	2:15PM										
	3:30PM										