

# March Professional Training Calendar

| Sunday                 | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday                   |
|------------------------|--|---|--|---|--|----------------------------|
| <b>3</b>               | <b>4</b>   | <b>5</b>  | <b>6</b>   | <b>7</b>  | <b>8</b>   | <b>9</b>                   |
|                        | 7:00 AUX 2007/2006 Girls (Rebels) 60m<br>7:00 AUX 2007 Boys 60m<br>7:00 AUX 2009 Boys 60m<br><br>7:30 STA 2003/2004 BOYS 90m |   | 7:00 AUX 2010 Girls 60m<br>7:00 AUX 2009 Boys 60m<br>7:00 AUX 2009/2008 Girls 60m  |   | 7:30 AUX 2006 Boys 60m<br>7:30 AUX 2010 Girls 60m<br>7:30 AUX 2009/2008 Girls 60m    | 9:30a<br>9:30a<br>9:30a    |
| 3:30 ASC 2008 Boys 60m | 8:00 AUX 2005 Boys 60m<br>8:00 AUX 2005 Girls/2006 Premier Girls 60m<br>8:00   | 7:30 STA 2006 Boys 90m<br>7:30 STA 2004 Liberty 90m<br>7:30 | 8:00 AUX 2004 Spirit 60m<br>8:00 AUX 2005 Girls/2006 Premier Girls 60m<br>8:00 STA 2005 Boys 60m                                   | 8:00 STA 2007/2006 Girls (Rebels) 60m<br>8:00 STA 2007 Boys 60m<br>8:00 STA 2008 Boys 60m |  | 10:30a<br>10:30a<br>10:30a |
| <b>10</b>              | <b>11</b>  | <b>12</b>   | <b>13</b>  | <b>14</b>   | <b>15</b>  | <b>16</b>                  |
|                        | 7:00 AUX 2007/2006 Girls (Rebels) 60m<br>7:00 AUX 2007 Boys 60m<br>7:00 AUX 2009 Boys 60m<br><br>7:30 STA 2003/2004 BOYS 90m |   | 7:00 AUX 2010 Girls 60m<br>7:00 AUX 2009 Boys 60m<br>7:00 AUX 2009/2008 Girls 60m  |   | 7:30 AUX 2006 Boys 60m<br>7:30 AUX 2010 Girls 60m<br>7:30 AUX 2009/2008 Girls 60m    | 9:30a<br>9:30a<br>9:30a    |
| 3:30 ASC 2008 Boys 60m | 8:00 AUX 2005 Boys 60m<br>8:00 AUX 2005 Girls/2006 Premier Girls 60m<br>8:00 AUX   | 7:30 STA 2006 Boys 90m<br>7:30 STA 2004 Liberty 90m<br>7:30 | 7:30 STA 2004 Premier Boys 90m<br>8:00 AUX 2004 Spirit 60m<br>8:00 AUX 2005 Girls/2006 Premier Girls 60m<br>8:00 STA 2005 Boys 60m | 8:00 STA 2007/2006 Girls (Rebels) 60m<br>8:00 STA 2007 Boys 60m<br>8:00 STA 2008 Boys 60m |  | 10:30a<br>10:30a<br>10:30a |
| <b>17</b>              | <b>18</b>  | <b>19</b>   | <b>20</b>  | <b>21</b>   | <b>22</b>  | <b>23</b>                  |
|                        | 7:00 AUX 2007/2006 Girls (Rebels) 60m<br>7:00 AUX 2007 Boys 60m<br>7:00 AUX 2009 Boys 60m<br><br>7:30 STA 2003/2004 BOYS 90m |   | 7:00 AUX 2010 Girls 60m<br>7:00 AUX 2009 Boys 60m<br>7:00 AUX 2009/2008 Girls 60m  |   | 7:00 AUX 2010 Girls 60m<br>7:00 AUX 2009/2008 Girls 60m                              | 9:30a<br>9:30a             |
| 3:30 ASC 2008 Boys 60m | 8:00 AUX 2005 Boys 60m<br>8:00 AUX 2005 Girls/2006 Premier Girls 60m<br>8:00   | 7:30 STA 2006 Boys 90m<br>7:30 STA 2004 Liberty 90m<br>7:30 | 7:30 STA 2003 Premier Boys 90m<br>8:00 AUX 2004 Spirit 60m<br>8:00 AUX 2005 Girls/2006 Premier Girls 60m<br>8:00 STA 2005 Boys 60m | 8:00 STA 2007/2006 Girls (Rebels) 60m<br>8:00 STA 2007 Boys 60m<br>8:00 STA 2008 Boys 60m | 8:00 AUX 2006 Boys 60m   | 10:30a<br>10:30a<br>10:30a |
| <b>24</b>              | <b>25</b>  | <b>26</b>   | <b>27</b>  | <b>28</b>   | <b>29</b>  | <b>30</b>                  |
|                        | 7:00 AUX 2007/2006 Girls (Rebels) 60m<br>7:00 AUX 2007 Boys 60m<br>7:00 AUX 2009 Boys 60m<br><br>7:30 STA 2003/2004 BOYS 90m |   | 7:00 60m<br>7:00 60m<br>7:00 60m   |   | 7:00 AUX 2010 Girls 60m<br>7:00 AUX 2009/2008 Girls 60m<br>AUX 2009 Boys 60m         | 9:30a<br>9:30a             |
| 3:30 ASC 2008 Boys 60m | 8:00 AUX 2005 Boys 60m<br>8:00 AUX 2005 Girls/2006 Premier Girls 60m<br>8:00   | 7:30 STA 2006 Boys 90m<br>7:30 STA 2004 Liberty 90m<br>7:30 | 7:30 STA 2004 Premier Boys 90m<br>8:00 AUX 2004 Spirit 60m<br>8:00 AUX 2005 Girls/2006 Premier Girls 60m<br>8:00 STA 2005 Boys 60m | 8:00 STA 2010 Girls 1 hr<br>8:00 STA 2008 Boys 1 hr<br>8:00 STA 2009/2008 Girls 1 hr      | 8:00 AUX 2006 Boys 60m<br>8:00 AUX 2007 Boys 60m<br>AUX 2007/2006 Girls (Rebels) 60m | 10:30a<br>10:30a<br>10:30a |

## April Professional Training Calendar

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday                                   | Saturday  |
|--|---|---|---|--|--|---|
| <b>31</b>  | <b>TRYOUTS 1</b>  | <b>TRYOUTS 2</b>  | <b>TRYOUTS 3</b>  | <b>TRYOUTS 4</b>   | <b>TRYOUTS 5</b>                         | <b>TRYOUTS 6</b>  |
| IM Clinics<br>11-12<br>12-1  | 7:30 AUX 2006 Girls<br>7:30 STA 2004 Premier Boys<br>7:30 STA 2003 Premier Boys   | 5:30 HB 2010/11 Boys<br>6:30 HB 2005 Girls  | 7:00 AUX 2009 Boys<br>8:00 AUX 2006 Girls   | 6:00 HB 2007 Girls<br>8:00 STA 2004 Girls  | 7:00 AUX 2009 Boys<br>8:00 AUX 2005 Boys | 10:30 ARC DDP Preview - 2012/13 GIRLS<br>11:30 ARC DDP Preview - 2012/13 BOYS<br>1:00 ARC 2007 Boys |
| <b>7</b>   | <b>TRYOUTS 8</b>  | <b>TRYOUTS 9</b>  | <b>TRYOUTS 10</b>   | <b>TRYOUTS 11</b>  | <b>TRYOUTS 12</b>                        | <b>TRYOUTS 13</b>   |
|  | 5:30 HB 2008 Girls<br>6:30 HB 2007 Girls<br>7:30 STA 2004 Premier Boys<br>7:30 STA 2003 Premier Boys  | 5:30 HB 2009 Girls<br>6:30 HB 2004 Girls  | 7:00 AUX 2010/11 Girls<br>8:00 AUX 2005 Girls   | 5:30 HB 2006 Boys<br>6:30 HB 2005 Boys   | 7:00 AUX 2008 Boys 90 M                  | 1:00 ARC 2009 Girls   |
| <b>14</b>  | <b>TRYOUTS 15</b>   | <b>TRYOUTS 16</b>   | <b>TRYOUTS 17</b>   | <b>TRYOUTS 18</b>  | <b>19</b>                                | <b>20</b>   |
|  | 7:00 AUX 2007 Boys<br>8:00 AUX 2006 Boys  | 5:30 HB 2010/11 Girls<br>6:30 HB 2008 Boys  | 7:00 AUX 2010/11 Boys<br>8:00 AUX 2008 Girls  | 5:30 HB<br>6:30 HB   | 6:00p <b>NO TRAINING</b>                 | 8:30a<br>8:30a<br><br>12:30p  |
| <b>21</b>  | <b>22</b>   | <b>23</b>   | <b>24</b>   | <b>25</b>  | <b>26</b>                                | <b>27</b>   |
| TRAINING BEGINS AT<br>HEEBNER THIS WEEK<br>AND CONTINUES THERE<br>THROUGH THE REMAINDER<br>OF THE SEASON | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys<br><br>6:45 2004 Spirit<br>6:45 2005 Boys<br>6:45 2005 Girls/2006 Premier Girls | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls<br><br>6:45 2006 Boys<br>6:45 2004 Liberty<br>6:45 2004 Boys<br>2003 Boys | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys<br><br>6:45 2004 Spirit<br>6:45 2005 Boys<br>6:45 2005 Girls/2006 Premier Girls | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls<br><br>v 2006 Boys<br>6:45 2004 Boys<br>6:45 2003 Boys | 6:00p<br>7:00p                           | 8:30a<br>8:30a  |
| <b>28</b>  | <b>29</b>   | <b>30</b>   |   |  |  |   |
| IM Clinic  | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys<br><br>6:45 2004 Spirit<br>6:45 2005 Boys<br>6:45 2005 Girls/2006 Premier Girls | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls<br><br>6:45 2006 Boys<br>6:45 2004 Liberty<br>6:45 2004 Boys<br>2003 Boys |   |  |  |   |

# May Professional Training Calendar

| Sunday                              | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|-------------------------------------|--|--|--|--|---|--|
|                                     |  |  | <b>1</b>   | <b>2</b>   | <b>3</b>  | <b>4</b>   |
| <b>TRAINING AT<br/>HEEBNER PARK</b> |  |  | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys        | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls                | 6:00p<br>7:00p  | 8:30a<br>8:30a<br><br>10:00a<br>10:00a<br>10:00a |
|                                     | <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>   | <b>9</b>  | <b>10</b>  |
|                                     | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys        | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls          | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls                | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys        | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls | 6:00p<br>7:00p                                   |
|                                     | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2006 Boys<br>7:00 2004 Liberty<br>7:00 2004 Boys<br>2003 Boys | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2006 Boys<br>7:00 2004 Boys<br>7:00 2003 Boys        | 8:30a<br>8:30a<br><br>12:30p<br>12:30p<br>12:30p |
|                                     | <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17</b>  |
|                                     | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys        | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls          | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls                | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys        | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls | 6:00p<br>7:00p                                   |
|                                     | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2006 Boys<br>7:00 2004 Liberty<br>7:00 2004 Boys<br>2003 Boys | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2006 Boys<br>7:00 2004 Boys<br>7:00 2003 Boys        | 8:30a<br>8:30a<br><br>12:30p<br>12:30p<br>12:30p |
|                                     | <b>19</b>  | <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b>   | <b>24</b>  |
| IM Clinic                           | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys        | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls          | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls                | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys        | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls | 6:00p<br>7:00p                                   |
|                                     | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2006 Boys<br>7:00 2004 Liberty<br>7:00 2004 Boys<br>2003 Boys | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2006 Boys<br>7:00 2004 Boys<br>7:00 2003 Boys        | 8:30a<br>8:30a<br><br>12:30p<br>12:30p<br>12:30p |
|                                     | <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>29</b>  | <b>30</b>   | <b>31</b>  |
|                                     | 5:30<br>5:30<br>5:30   | <b>MEMORIAL DAY</b>  | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls                | 5:30 2007/2006 Girls (Rebels)<br>5:30 2007 Boys<br>5:30 2009 Boys        | 5:30 2010 Girls<br>5:30 2008 Boys<br>5:30 2009/2008 Girls | 6:00p<br>7:00p                                   |
|                                     | 7:00<br>7:00<br>7:00   | <b>NO TRAINING</b>   | 7:00 2006 Boys<br>7:00 2004 Liberty<br>7:00 2004 Boys<br>2003 Boys       | 7:00 2004 Spirit<br>7:00 2005 Boys<br>7:00 2005 Girls/2006 Premier Girls | 7:00 2006 Boys<br>7:00 2004 Boys<br>7:00 2003 Boys        | 8:30a<br>8:30a<br><br>12:30p<br>12:30p<br>12:30p |