

## OJ's "AA" Championship Practice Schedule

| <u>July</u>            | <u>AM</u> (YMCA)  | <u>PM</u>   |
|------------------------|---|---|
| 9 <sup>th</sup> Mon.   | OFF   | 3:45-6:00   |
| 10 <sup>th</sup> Tue.  | 7:00-9:00   | 4:45-6:45   |
| 11 <sup>th</sup> Wed.  | OFF   | 3:45-5:45   |
| 12 <sup>th</sup> Thur. | 7:00-9:15   | OFF   |
| 13 <sup>th</sup> Fri.  | OFF   | 3:45-5:45   |
| 14 <sup>th</sup> Sat.  | 9:00-11:00 (CCDS)   |   |
| 15 <sup>th</sup> Sun.  | 11:00 am-12:30 pm ---This will be a skill practice run by Coach Benson. |   |
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| 16 <sup>th</sup> Mon.  | 7:15-9:00   | 4:15-5:45 Relay Day/Practice  |
| 17 <sup>th</sup> Tue.  | 7:15-9:00   | OFF   |
| 18 <sup>th</sup> Wed.  | OFF   | 3:45-6:00 Pasta party   |
| 19 <sup>th</sup> Thur. | 7:30-9:00   | Only athletes not participating at "AA" JO's will come to this AM practice. |
| 20 <sup>th</sup> Fri.  | JO's "AA" Championships   |   |
| 21 <sup>st</sup> Sat.  | JO's "AA" Championships   |   |
| 22 <sup>nd</sup> Sun.  | JO's "AA" Championships   |   |