



# 2009 Winter Schedule

RT	Blue
SD-DC	Red

\* November 16 - February 26

\* Closed December 24, 2009 - January 3, 2010

## MIDDLE SCHOOL ATHLETES



Each middle school training session will consist of 45-minutes (RT) and 45-minutes (SD-DC).

(ages 12-13)

Time	Monday	Tuesday	Thursday
6:00 - 7:30pm	RT SD-DC	RT SD-DC	RT SD-DC