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| January |  |
|  | 2023 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| 29 | 30 | 31 |  |  |  |  |
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| February |  |
|  | 2023 |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
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| 26 | 27 | 28 |  |  |  |  |
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| March |  |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
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| 26 | 27 | 28 | 29 | 30 | 31 |  |
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| April |  |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
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| June |  |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
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| 25 | 26 | 27 | 28 | 29 | 30 |  |
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| July |  |
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| August |  |
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | Tryouts 1:00 – 4:30PM | Tryouts 1:00 – 4:30PM | Tryouts 1:00 – 4:30PM  Parent Meeting 4:30PM | Practice 4:00-8:00pm | Practice 4:00-8:00pm | Tri-Match Scrimmage  (A)DB & Norristown |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 11:45 Pictures  Joint Practice 12:30-3:00PM | Practice 4:00-8:00pm | Scrimmage Away  Great Valley | Practice 4:00-8:00pm | Game (A) WC Rustin |  |
| 27 | 28 | 29 | 30 | 31 |  |  |
|  | Practice 5:00-8:30pm | Practice 5:00-8:30pm | Practice 5:00-8:30pm | Practice 5:00-8:30pm |  |  |
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| September |  |
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|  |  |  |  |  | Game (H) PJP | Practice 12:00-4:00pm |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | NO PRACTICE SCHOOL CLOSED | Game (H) WC East | Game (H) Spring-Ford | Practice 5:00-8:30pm | Game (A) Boyertown |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | Game (A) Upper Merion | Practice 5:00-8:30pm | Game (H) Methacton | Game (H) Boyertown | Practice 5:00-8:30pm |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | Game (A) Norristown | Practice 5:00-8:30pm | Game (H) Phoenixville | Practice 5:00-8:30pm | Game (H) Perk Valley | Rally in the Valley Tournament @Perk Valley |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | NO PRACTICE SCHOOL CLOSED | Practice 5:00-8:30pm | Game (A) Spring-Ford | Practice 5:00-8:30pm | Game (A) Upper Perk | Game (H) Harriton |
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| October |  |
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| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | Practice 5:00-8:30pm | Practice 5:00-8:30pm | Game (A) Methacton | Practice 5:00-8:30pm | Game (H) Pottsgrove |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | Game (H) Norristown | Practice 5:00-8:30pm | Game (A) Perk Valley | Practice 5:00-8:30pm | Game (H) Pottstown | Game (H) Downingtown East |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
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