

October

2018

September							November						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	
30													

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	Optional 6-8am lift Sprint 3:30-5 Practice 3:30-6	Eisenhower Report @ Home Report at 4:30 Meet starts at 6pm	Optional Lift 5:30-7a Sprint 330-5pm Practice 3:30-6pm	Sprint 3:30-5pm Practice 3:30-6pm	Mandatory kick 6-7a Sprint 3:30-5pm Practice 3:30-5:30p	Wanye County Meet Report 9:40am Meet starts at 12pm
7	8	9	10	11	12	13
off	Optional 6-8am lift Sprint 3:30-5 Practice 3:30-6	Sprint 3:30-5pm Practice 3:30-6pm	Optional Lift 5:30-7a Sprint 330-5pm Practice 3:30-6pm	Sprint 3:30-5pm Practice 3:30-6pm	Mandatory kick 6-7a Sprint 3:30-5pm Practice 3:30-5:30p	Mischa Meet (Qualifying times only) @ EMU Warm-up 9:45am
14	15	16	17	18	19	20
	Optional 6-8am lift Sprint 3:30-5 Practice 3:30-6	North @ Home Report at 4:30pm Meet start 6pm	Optional Lift 5:30-7a Sprint 330-5pm Practice 3:30-6pm	Sprint 3:30-5pm Practice 3:30-6pm	Mandatory kick 6-7a Sprint 3:30-5pm Practice 3:30-5:30p	Practice 7:30-10:30a
21	22	23	24	25	26	27
	Optional 6-8am lift Sprint 3:30-5 Practice 3:30-6	LAnse Creuse Away Bus leaves @ 3:30p Meet start 6pm	Optional Lift 5:30-7a Sprint 330-5pm Practice 3:30-6pm	Home Quad meet Report at 4:30pm Meet start 6pm	Sprint 330-5 practice 330-6	Practice 7:30-10:30a
28	29	30	31	1	2	3
	Optional 6-8am lift Sprint 3:30-5 Practice 3:30-6	Sprint 3:30-5pm Practice 3:30-6pm	Sprint 3:30-5pm Practice 3:30-6pm	Sprint 3:30-5pm Practice 3:30-6pm	MAC Meet @ home Warm-up at 3pm Meet start 5pm	Mac Meet @ home Warm-up at 10am Meet start 12pm
4			7	8	9	10

Month

Year

[illegible]