

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 First Practice 3:00pm to 5:00pm	17 OFF/Run
18 Practice 6pm to 7:30pm	19 Practice 3pm to 5pm	20 Practice 3pm to 5pm Parent Meeting 5:30 HS Café	21 Practice 2pm to 4pm	22 OFF/RUN Thanksgiving	23 Practice 8am to 10pm	24 Practice 8am to 10pm
25 Practice 1pm to 3pm	26 Off/Run	27 Off/Run	28 Practice 3pm to 5pm	29 Practice 3pm to 5pm	30 Practice 3pm to 5pm	

# December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Off/Run
2 Practice (Optional) 6pm to 7:30pm	3 Practice 3pm to 5pm	4 Practice 3pm to 5pm	5 Practice 3pm to 5pm	6 Practice 3pm to 5pm	7 <u>EAIW</u> <u>Tournament</u>	8 <u>EAIW</u> <u>Tournament</u>
9 OFF/RUN	10 Practice 3pm to 5pm	11 Practice 3pm to 5pm	12 Practice 3pm to 5pm	13 Practice 3pm to 5pm	14 <u>Clearfield</u> <u>(Home)</u>	15 OFF/RUN
16 Practice 6pm to 7:30pm	17 Practice 3pm to 5pm	18 <u>P-O</u> <u>(AWAY)</u>	19 Practice 3pm to 5pm	20 Practice 3pm to 5pm	21 Practice 2pm to 4pm	22 OFF/RUN
23 Practice 6pm to 7:30pm	24 OFF/RUN	25 OFF/RUN	26 Practice TBA	27 Practice TBA ***Leave for Powerade After Practice**	28 <u>Powerade</u>	29 <u>Powerade</u>
30 OFF/RUN	31 OFF/RUN					

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice TBA	2 Practice 3pm to 5pm	3 <u>St. Marys</u> <u>(Away)</u>	4 Practice 3pm to 5pm	5 <u>BEA</u> <u>Duals</u>
6 OFF/RUN	7 Practice 3pm to 5pm	8 <u>Bradford</u> <u>(Away)</u>	9 Practice 3pm to 5pm	10 Practice 3pm to 5pm	11 Practice 3pm to 5pm	12 OFF/RUN
13 OFF/RUN	14 Practice 3pm to 5pm	15 Practice 3pm to 5pm	16 Practice 3pm to 5pm	17 <u>Holidaysburg</u> <u>(Home)</u>	18 Practice 3pm to 5pm	19 OFF/RUN
20 OFF/RUN	21 Practice 3pm to 5pm	22 <u>Altoona</u> <u>(Home)</u> <u>Senior Night</u>	23 Practice 3pm to 5pm	24 <u>Brookville</u> <u>(Home)</u> <u>JO Night</u>	25 Practice 3pm to 5pm	26 <u>Clearfield</u> <u>Duals</u>
27 OFF/RUN	28 Practice 3pm to 5pm	29 <u>Brockway</u> <u>(Home)</u>	30 OFF/RUN	31 Practice 3pm to 5pm		

# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Practice TBA	<b>2</b> District Duals (Home)
<b>3</b> OFF/RUN	<b>4</b> Practice 3pm to 430pm	<b>5</b> Practice 3pm to 430pm	<b>6</b> Practice 3pm to 430pm	<b>7</b> Team States	<b>8</b> Team States	<b>9</b> Team States
<b>10</b> OFF/RUN	<b>11</b> Practice 3-4:30pm	<b>12</b> Shaler (Away)	<b>13</b> Punxsy (Home)	<b>14</b> Practice 3pm to 430pm	<b>15</b> Practice TBA **Weight Loss Plans Lock**	<b>16</b> Harley Duals
<b>17</b> OFF/RUN	<b>18</b> Practice 3pm to 430pm	<b>19</b> Practice 3pm to 430pm	<b>20</b> Practice 3pm to 430pm	<b>21</b> Practice 3pm to 430pm	<b>22</b> Practice 3pm to 430pm	<b>23</b> Districts
<b>24</b> OFF/RUN	<b>25</b> Practice 3pm to 430pm	<b>26</b> Practice 3pm to 430pm	<b>27</b> Practice 3pm to 430pm	<b>28</b> Practice 3pm to 430pm		

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NW Regionals	2 NW Regionals
3 OFF/RUN	4 Practice 3-430	5 Practice 3-430	6 States	7 States	8 States	9 States
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						