

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>No Practice</i> <i>Happy New Year</i>	2 (YMCA) <i>Senior Devel: 6:00 - 8:00</i> <i>Senior: 6:00—8:00</i>
3 <i>RSA Distance Day</i>	4 (YMCA) <i>Beginner: 12:30—1:30</i> <i>Junior Devel: 12:30—1:30</i> <i>Junior 12:30—2:00</i> <i>Senior Devel: 1:30—3:30</i> <i>Senior: 1:30—3:30</i>	5 (YMCA) <i>Beginner: 6:30—7:30</i> <i>Junior Devel: 6:30—7:30</i> <i>Junior 8:00—9:30</i> <i>Senior Devel: 8:00—10:00</i> <i>AM: 5:30—7:00</i> <i>Senior: 8:00—10:00</i> <i>AM 5:30—7:00</i>	6 (YMCA) <i>Beginner: 6:30—7:30</i> <i>Junior Devel: 6:30—7:30</i> <i>Junior 8:00—9:30</i> <i>Senior Devel: 8:00—10:00</i> <i>Senior: 8:00—10:00</i>	7 (YMCA) <i>Beginner: 6:30—7:30</i> <i>Junior Devel: 6:30—7:30</i> <i>Junior 8:00—9:30</i> <i>Senior Devel: 8:00—10:00</i> <i>AM: 5:30—7:00</i> <i>Senior: 8:00—10:00</i> <i>AM 5:30—7:00</i>	8 (YMCA) <i>Junior 6:30—8:00</i> <i>Senior Devel: 6:30—8:30</i> <i>Senior: 6:30—8:30</i>	9 (YMCA) <i>Senior Devel: 2:00—4:00</i> <i>Senior: 2:00—4:00</i>
10	11 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>Senior: 4:00—6:00</i>	12 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>AM: 5:30—7:00</i> <i>Senior: 4:00—6:00</i> <i>AM 5:30—7:00</i>	13 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>Senior: 4:00—6:00</i>	14 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>AM: 5:30—7:00</i> <i>Senior: 4:00—6:00</i> <i>AM 5:30—7:00</i>	15 <i>No Practice</i> <i>YMCA State</i> <i>Championship</i>	16 <i>No Practice</i> <i>YMCA State</i> <i>Championship</i>
17 <i>No Practice</i> <i>YMCA State</i> <i>Championship</i>	18 (YMCA) <i>Beginner: 12:30—1:30</i> <i>Junior Devel: 12:30—1:30</i> <i>Junior 12:30—2:00</i> <i>Senior Devel: 1:30—3:30</i> <i>Senior: 1:30—3:30</i>	19 (YMCA) <i>Junior 6:30—8:00</i> <i>Senior Devel: 6:30—8:30</i> <i>AM: 5:30—7:00</i> <i>Senior: 6:30—8:30</i> <i>AM 5:30—7:00</i>	20 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>Senior: 4:00—6:00</i>	21 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>AM: 5:30—7:00</i> <i>Senior: 4:00—6:00</i> <i>AM 5:30—7:00</i>	22 (YMCA) <i>Junior 6:30—8:00</i> <i>Senior Devel: 6:30—8:30</i> <i>Senior: 6:30—8:30</i>	23 (YMCA) <i>Senior Devel: 6:00 - 8:00</i> <i>Senior: 6:00—8:00</i>
24	25 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>Senior: 4:00—6:00</i>	26 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>AM: 5:30—7:00</i> <i>Senior: 4:00—6:00</i> <i>AM 5:30—7:00</i>	27 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>Senior: 4:00—6:00</i>	28 <i>Beginner: 5:00 - 6:00</i> <i>Junior Devel: 5:00—6:00</i> <i>Junior 4:30—6:00</i> <i>Senior Devel: 4:00—6:00</i> <i>Senior: 4:00—6:00</i>	29 <i>No Practice</i> <i>North Carolina Senior</i> <i>Championships</i>	30 <i>No Practice</i> <i>North Carolina Senior</i> <i>Championships</i>
31 <i>No Practice</i> <i>North Carolina Senior</i> <i>Championships</i>						