

2009 – 2010 FALL PRACTICE SCHEDULE

(During high school season)

BEGINS NOVEMBER 11, 2009

Changes are in red and highlighted

Lighthouse

Senior **3:45 – 5:45 M-F**
5:30am-7:00am Tu, Th,F
8:00am-10:30am Sat

Sr. Dev. **5:45pm – 7:15pm M-F**

Gold **6:45pm – 8:00pm M,W**
6:00pm – 7:15pm Tu,Th
5:45pm – 7:00pm F

Silver **5:45pm – 6:45 pm M,W,F**
5:00pm – 6:00pm Tu, Th

Blue **5:45pm - 6:30pm M-Th**

Red **6:30pm – 7:15pm M,Tu,Th**

OCCC

Senior **5:00pm – 7:00pm M-Th**
Sr. Dev **5:30pm – 7:00pm M- Th**
Gold **5:30pm – 6:45pm M- Th**
Silver **5:30pm – 6:30pm M – Th**
Blue **5:45pm - 6:30pm M - Th**
Red **5:00pm - 5:45pm M, Tu, Th**

OCUSA

Sr. Dev **5:30pm – 7:00pm M,Tu,Th**
5:30pm – 6:30pm W
Gold **5:30pm – 6:45pm M,Tu,Th**
5:30pm – 6:30pm W
Silver **5:30pm – 6:30pm M – Th**
Blue **5:30pm – 6:15pm M – Th**
Red **6:15pm – 7:00pm M,Tu,T**