

WHAT Practice Schedule

Week 22	Monday Feb 01	Tuesday Feb 02	Wednesday Feb 03	Thursday Feb 04	Friday Feb 05	Saturday Feb 06	Sunday Feb 07
Notes		HS Meet - H Shaler SR Recognition		HS Meet - H McKeesport	AMS Junior Olympics BPR	AMS Junior Olympics BPR	AMS Junior Olympics BPR
Senior AM		5:30-6:15a, DL		5:30-6:15a, DL			
Senior	5:45-6:15p, DL 6:30-8:30p	No Practice	5:45-6:15p, DL 6:30-8:30p	No Practice	5:45-6:15p, DL 6:30-8:30p	No Practice	
Gold	5:45-6:15p, DL 6:30-8:30p	No Practice	5:45-6:15p, DL 6:30-8:30p	No Practice	5:45-6:15p, DL 6:30-8:30p	No Practice	
Silver	5:45-6:15p, DL 6:30-8:00p	No Practice	5:45-6:15p, DL 6:30-8:00p	No Practice	5:45-6:15p, DL 6:30-8:00p	No Practice	
Bronze	6:15-6:30p, DL 6:30-7:30p	No Practice	6:15-6:30p, DL 6:30-7:30p	No Practice	6:30-7:30p		
Copper	6:15-6:30p, DL 6:30-7:15p	No Practice	6:15-6:30p, DL 6:30-7:15p	No Practice	6:30-7:15p		
Masters AM	5:00-6:30a	5:00-6:30a		5:00-6:30a		No Practice	
Masters PM	7:30-8:30p		7:30-8:30p				