**January 2019**  

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  | 1 | 2 **AM: 5:00-6:30****PM: 7:00-8:00** | **3** **NO PRACTICE: HIGH SCHOOL MEET** | 4**AM: 5:00-6:30** | 5 |
| 6 | 7**AM: 5:00-6:30****PM: 7:00-8:00** | 8 | 9 **AM: 5:00-6:30****PM: 7:00-8:00** | 10**PM: 7:00-8:00** | 11 **AM: 5:00-6:30** | 12 |
| 13 | 14**AM: 5:00-6:30****PM: 7:00-8:00** | 15 | 16**AM: 5:00-6:30****PM: 7:00-8:00** | 17**PM: 7:00-8:00** | 18**AM: 5:00-6:30** | 19 |
| 20 | 21**AM: 5:00-6:30****PM: 7:00-8:00** | 22 | 23**AM: 5:00-6:30****PM: 7:00-8:00** | 24 **PM: 7:00-8:00** | 25**AM: 5:00-6:30** | 26 |
| 27 | 28 **AM: 5:00-6:30** **PM: 7:00-8:00** | 29 | 30 **AM: 5:00-6:30****PM: 7:00-8:00** | 31**NO PRACTICE: HIGH SCHOOL MEET** |  |  |
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