

	SENIOR - JUNIOR A PRACTICE SCHEDULE						
		SENIORS	SENIOR DOUBLES	JUNIOR 1	JUNIOR 2	JUNIOR FLEX	MEETS / NOTES
Monday	6-Sep	OFF	OFF	OFF	OFF	OFF	LABOR DAY - END OF SUMMER BREAK
Tuesday	7-Sep	4:00 - 5:30PM	OFF	5:30 - 6:30PM	4:00 - 5:00PM	5:00 - 6:00PM	TRYOUTS: 6:45PM
Wednesday	8-Sep	4:00 - 5:30PM	OFF	OFF	OFF	OFF	TRYOUTS: 5:45PM
Thursday	9-Sep	4:00 - 5:30PM	OFF	5:30 - 6:30PM	4:00 - 5:00PM	5:00 - 6:00PM	TRYOUTS: 6:45PM
Friday	10-Sep	OFF	OFF	OFF	OFF	OFF	Weekend off for Snr Athlete College Visits
Saturday	11-Sep	OFF	OFF	OFF	OFF	OFF	Weekend off for Snr Athlete College Visits
Sunday	12-Sep	OFF	OFF	OFF	OFF	OFF	Weekend off for Snr Athlete College Visits
Monday	13-Sep	4:00 - 5:45PM	OFF	5:45 - 7:00PM	4:00 - 5:15PM	7:15 - 8:30PM	
Tuesday	14-Sep	4:00 - 5:45PM	OFF	5:45 - 7:00PM	4:00 - 5:15PM	7:15 - 8:30PM	
Wednesday	15-Sep	4:00 - 5:45PM	OFF	5:45 - 7:00PM	4:00 - 5:15PM	7:15 - 8:30PM	
Thursday	16-Sep	4:00 - 5:45PM	OFF	5:45 - 7:00PM	4:00 - 5:15PM	7:15 - 8:30PM	
Friday	17-Sep	OFF	OFF	OFF	OFF	OFF	Weekend off for Snr Athlete College Visits
Saturday	18-Sep	OFF	OFF	OFF	OFF	OFF	Weekend off for Snr Athlete College Visits
Sunday	19-Sep	OFF	OFF	OFF	OFF	OFF	Weekend off for Snr Athlete College Visits
Monday	20-Sep	4:00 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	21-Sep	4:00 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	22-Sep	4:00 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	23-Sep	4:00 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	24-Sep	4:00 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	25-Sep	OFF	OFF	OFF	OFF	OFF	Weekend off for Snr Athlete College Visits
Sunday	26-Sep	OFF	OFF	OFF	OFF	OFF	Weekend off for Snr Athlete College Visits
Monday	27-Sep	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	28-Sep	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	29-Sep	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	30-Sep	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	1-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	2-Oct	7:00 - 9:00AM	OFF	9:00 - 10:30AM	7:45 - 9:15AM	9:15 - 10:45AM	
Sunday	3-Oct	OFF	OFF	OFF	OFF	OFF	
Monday	4-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	5-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	6-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	7-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	8-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	9-Oct	7:00 - 9:00AM	OFF	9:00 - 10:30AM	7:45 - 9:15AM	9:15 - 10:45AM	
Sunday	10-Oct	OFF	OFF	OFF	OFF	OFF	
Monday	11-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	12-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	13-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	14-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	15-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	16-Oct	7:00 - 9:00AM	OFF	9:00 - 10:30AM	7:45 - 9:15AM	9:15 - 10:45AM	
Sunday	17-Oct	OFF	OFF	OFF	OFF	OFF	
Monday	18-Oct	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	19-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	20-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	

	SENIOR - JUNIOR A PRACTICE SCHEDULE						
		SENIORS	SENIOR DOUBLES	JUNIOR 1	JUNIOR 2	JUNIOR FLEX	MEETS / NOTES
Thursday	21-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	22-Oct	3:45 - 4:30PM	5:30 - 6:45AM	4:30 - 5:15PM	3:45 - 4:30PM	4:30 - 5:15PM	
Saturday	23-Oct	OFF	OFF	OFF	OFF	OFF	CHAPPYS @ LONG ISLAND NY / BAC FALL PENTATHLON @ BAC
Sunday	24-Oct	OFF	OFF	OFF	OFF	OFF	
Monday	25-Oct	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	26-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	27-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	28-Oct	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	29-Oct	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	30-Oct	7:00 - 9:00AM	OFF	9:00 - 10:30AM	7:45 - 9:15AM	9:15 - 10:45AM	
Sunday	31-Oct	OFF	OFF	OFF	OFF	OFF	
Monday	1-Nov	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	2-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	3-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	4-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	5-Nov	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	6-Nov	7:00 - 9:00AM	OFF	OFF	OFF	OFF	BAC MONSTER SPLASH @ BAC
Sunday	7-Nov	OFF	OFF	OFF	OFF	OFF	BAC MONSTER SPLASH @ BAC
Monday	8-Nov	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	9-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	10-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	11-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	12-Nov	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	13-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	7:45 - 9:15AM	9:15 - 10:45AM	
Sunday	14-Nov	OFF	OFF	OFF	OFF	OFF	
Monday	15-Nov	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	16-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	17-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	18-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	19-Nov	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	20-Nov	OFF	OFF	OFF	OFF	OFF	BAC TREASURE ISLAND @ BAC
Sunday	21-Nov	OFF	OFF	OFF	OFF	OFF	BAC TREASURE ISLAND @ BAC
Monday	22-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	23-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	24-Nov	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	25-Nov	8:00 - 9:30AM	OFF	OFF	OFF	OFF	THANKSGIVING
Friday	26-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	7:45 - 9:15AM	9:15 - 10:45AM	
Saturday	27-Nov	7:00 - 9:00AM	OFF	9:00 - 10:30AM	7:45 - 9:15AM	9:15 - 10:45AM	
Sunday	28-Nov	9:00 - 10:00AM	OFF	OFF	OFF	OFF	
Monday	29-Nov	4:00 - 5:30PM	OFF	5:45 - 6:45PM	4:00 - 5:00PM	7:15 - 8:15PM	
Tuesday	30-Nov	4:00 - 5:30PM	OFF	5:45 - 6:45PM	4:00 - 5:00PM	7:15 - 8:15PM	
Wednesday	1-Dec	3:45 - 4:30PM	OFF	4:30 - 5:15PM	3:45 - 4:30PM	4:30 - 5:15PM	
Thursday	2-Dec	OFF	OFF	OFF	OFF	OFF	STAR INVITE @ ECC (BUFFALO NY)
Friday	3-Dec	OFF	OFF	4:30 - 6:00PM	4:30 - 6:00PM	4:30 - 6:00PM	STAR INVITE @ ECC (BUFFALO NY)
Saturday	4-Dec	OFF	OFF	8:00 - 9:30AM	8:00 - 9:30AM	8:00 - 9:30AM	STAR INVITE @ ECC (BUFFALO NY)

		SENIOR - JUNIOR A PRACTICE SCHEDULE					
		SENIORS	SENIOR DOUBLES	JUNIOR 1	JUNIOR 2	JUNIOR FLEX	MEETS / NOTES
Sunday	5-Dec	OFF	OFF	OFF	OFF	OFF	STAR INVITE @ ECC (BUFFALO NY)
Monday	6-Dec	3:45 - 4:30PM	OFF	4:30 - 5:15PM	3:45 - 4:30PM	4:30 - 5:15PM	
Tuesday	7-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	8-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	9-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	10-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	11-Dec	7:00 - 8:00AM	OFF	7:00 - 8:00AM	7:00 - 8:00AM	7:00 - 8:00AM	HOLIDAY SPLASH
Sunday	12-Dec	OFF	OFF	OFF	OFF	OFF	HOLIDAY SPLASH
Monday	13-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	14-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	15-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	16-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	17-Dec	OFF	5:30 - 6:45AM	OFF	OFF	OFF	DAVID PLUMMER ZOOM (no PM workout)
Saturday	18-Dec	7:00 - 9:00AM	OFF	9:00 - 10:30AM	7:45 - 9:15AM	9:15 - 10:45AM	
Sunday	19-Dec	OFF	OFF	OFF	OFF	OFF	
Monday	20-Dec	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	21-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	22-Dec	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	23-Dec	DECEMBER BREAK	5:30 - 6:45AM	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	
Friday	24-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	
Saturday	25-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	
Sunday	26-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	
Monday	27-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	
Tuesday	28-Dec	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	DECEMBER BREAK	
Wednesday	29-Dec	DECEMBER BREAK	3:30 - 5:45PM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	30-Dec	8:00 - 10:00AM	3:30 - 5:45PM	10:00 - 11:30AM	10:00 - 11:30AM	10:00 - 11:30AM	(scy) BAC SENIOR BLUE WHITE MEET / INTERNATIONAL DINNER
Friday	31-Dec	8:00 - 10:00AM	OFF	10:00 - 11:30AM	10:00 - 11:30AM	10:00 - 11:30AM	
Saturday	1-Jan	OFF	OFF	OFF	OFF		
Sunday	2-Jan	OFF	OFF	OFF	OFF		
Monday	3-Jan	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	