

	SENIOR - JUNIOR A PRACTICE SCHEDULE						
		SENIORS	SENIOR DOUBLES	JUNIOR 1	JUNIOR 2	JUNIOR FLEX	MEETS / NOTES
Sunday	9-Jan	OFF	OFF	OFF	OFF	OFF	
Monday	10-Jan	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	11-Jan	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	12-Jan	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	13-Jan	3:45 - 4:30PM	OFF	4:30 - 5:15PM	3:45 - 4:30PM	4:30 - 5:15PM	
Friday	14-Jan	OFF	OFF	OFF	OFF	OFF	JIM WOOD MEMORIAL INVITATIONAL @ BAC LCM
Saturday	15-Jan	OFF	OFF	OFF	OFF	OFF	JIM WOOD MEMORIAL INVITATIONAL @ BAC LCM
Sunday	16-Jan	OFF	OFF	OFF	OFF	OFF	JIM WOOD MEMORIAL INVITATIONAL @ BAC LCM
Monday	17-Jan	3:45 - 4:30PM	OFF	4:30 - 5:15PM	3:45 - 4:30PM	4:30 - 5:15PM	
Tuesday	18-Jan	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	19-Jan	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	20-Jan	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	21-Jan	OFF	5:30 - 6:45AM	OFF	OFF	OFF	DAVID PLUMMER ZOOM (no PM workout)
Saturday	22-Jan	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	
Sunday	23-Jan	OFF	OFF	OFF	OFF	OFF	
Monday	24-Jan	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	25-Jan	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	26-Jan	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	27-Jan	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	28-Jan	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	29-Jan	6:00 - 8:00AM	OFF	OFF	OFF	OFF	PRO BOWL @ BAC SCY
Sunday	30-Jan	OFF	OFF	OFF	OFF	OFF	PRO BOWL @ BAC SCY
Monday	31-Jan	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	1-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	2-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	3-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	4-Feb	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	5-Feb	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	
Sunday	6-Feb	OFF	OFF	OFF	OFF	OFF	
Monday	7-Feb	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	8-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	9-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	10-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	11-Feb	3:45 - 4:30PM	OFF	4:30 - 5:15PM	3:45 - 4:30PM	4:30 - 5:15PM	
Saturday	12-Feb	OFF	OFF	OFF	OFF	OFF	JW SWEETHEART MEET @ GCIT SCY
Sunday	13-Feb	OFF	OFF	OFF	OFF	OFF	JW SWEETHEART MEET @ GCIT SCY
Monday	14-Feb	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	15-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	16-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	17-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	18-Feb	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	19-Feb	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	
Sunday	20-Feb	OFF	OFF	OFF	OFF	OFF	
Monday	21-Feb	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	22-Feb	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
Wednesday	23-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	24-Feb	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	25-Feb	3:45 - 4:45PM	OFF	OFF	OFF	OFF	BAC SALMON RUN @ BAC SCY
Saturday	26-Feb	6:00 - 8:00AM	OFF	6:00 - 7:30AM	6:00 - 7:30AM	6:00 - 7:30AM	NJS SB CHAMPS - All Ages @ BAC SCY
Sunday	27-Feb	OFF	OFF	OFF	OFF	OFF	NJS SB CHAMPS - All Ages @ BAC SCY
Monday	28-Feb	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	1-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	2-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	3-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	4-Mar	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Saturday	5-Mar	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	
Sunday	6-Mar	OFF	OFF	OFF	OFF	OFF	
Monday	7-Mar	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	8-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	9-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	10-Mar	3:45 - 4:30PM	OFF	4:30 - 5:15PM	3:45 - 4:30PM	4:30 - 5:15PM	
Friday	11-Mar	OFF	OFF	OFF	OFF	OFF	NJS SG 13 & O CHAMPS @ BAC SCY
Saturday	12-Mar	OFF	OFF	6:00 - 7:30AM	6:00 - 7:30AM	6:00 - 7:30AM	NJS SG 13 & O CHAMPS @ BAC SCY
Sunday	13-Mar	OFF	OFF	OFF	OFF	OFF	NJS SG 13 & O CHAMPS @ BAC SCY
Monday	14-Mar	OFF	OFF	OFF	OFF	OFF	BAC MONDAY MAYHEM @ BAC LCM
Tuesday	15-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	16-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	17-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Friday	18-Mar	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	NJS SG 12 & U CHAMPS @ RU SCY
Saturday	19-Mar	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	NJS SG 12 & U CHAMPS @ RU SCY
Sunday	20-Mar	OFF	OFF	OFF	OFF	OFF	NJS SG 12 & U CHAMPS @ RU SCY
Monday	21-Mar	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Tuesday	22-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Wednesday	23-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	
Thursday	24-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	EZ SECTIONALS @ BUFFALO
Friday	25-Mar	3:45 - 5:45PM	OFF	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM	EZ SECTIONALS @ BUFFALO
Saturday	26-Mar	7:00 - 9:00AM	OFF	9:00 - 10:30AM	9:00 - 10:30AM	9:00 - 10:30AM	EZ SECTIONALS @ BUFFALO
Sunday	27-Mar	OFF	OFF	OFF	OFF	OFF	EZ SECTIONALS @ BUFFALO
Monday	28-Mar	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	
Tuesday	29-Mar	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	
Wednesday	30-Mar	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	AG ZONES @ WEBSTER NY
Thursday	31-Mar	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	AG ZONES @ WEBSTER NY / CZ SECTIONALS @ INDIANAPOLIS
Friday	1-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	AG ZONES @ WEBSTER NY / CZ SECTIONALS @ INDIANAPOLIS
Saturday	2-Apr	OFF	OFF	OFF	OFF	OFF	AG ZONES @ WEBSTER NY / CZ SECTIONALS @ INDIANAPOLIS
Sunday	3-Apr	OFF	OFF	OFF	OFF	OFF	CZ SECTIONALS @ INDIANAPOLIS
Monday	4-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	
Tuesday	5-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	
Wednesday	6-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	
Thursday	7-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	
Friday	8-Apr	OFF	OFF	OFF	OFF	OFF	

		SENIOR - JUNIOR A PRACTICE SCHEDULE						
		SENIORS	SENIOR DOUBLES	JUNIOR 1	JUNIOR 2	JUNIOR FLEX	MEETS / NOTES	
Saturday	9-Apr	OFF	OFF	OFF	OFF	OFF		
Sunday	10-Apr	OFF	OFF	OFF	OFF	OFF	SNRS MAY TAKE ANY	
Monday	11-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	4 ADDITIONAL WORKOUTS	
Tuesday	12-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	OFF	
Wednesday	13-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	BETWEEN	
Thursday	14-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM	4/2/2022	
Friday	15-Apr	OFF	OFF	OFF	OFF	OFF	AND	
Saturday	16-Apr	OFF	OFF	OFF	OFF	OFF	4/24/2022	
Sunday	17-Apr	OFF	OFF	OFF	OFF	OFF		
Monday	18-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM		
Tuesday	19-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM		
Wednesday	20-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM		
Thursday	21-Apr	3:45 - 5:30PM	OFF	5:30 - 6:45PM	3:45 - 5:00PM	6:45 - 8:00PM		
Friday	22-Apr	OFF	OFF	OFF	OFF	OFF		
Saturday	23-Apr	OFF	OFF	OFF	OFF	OFF		
Sunday	24-Apr	OFF	OFF	OFF	OFF	OFF		
Monday	25-Apr	3:45 - 5:45PM	5:30 - 6:45AM	5:45 - 7:15PM	3:45 - 5:15PM	7:15 - 8:45PM		