

LCAT December 2021/January 2022 Practice Schedule

Week of 12/06 - 12/11

	Monday 12/6	Tuesday 12/7	Wednesday 12/8	Thursday 12/9	Friday 12/10	Saturday 12/11
Senior	4:30-7:00pm NMSU (Dryland first 30 min) <i>Jeanette</i>	5:00-7:00pm NMSU <i>Rick</i>	6:00-7:15am NMSU <i>Laine</i> 5:00-7:00pm NMSU <i>Jeanette</i>	4:30-7:00pm NMSU (Dryland first 30 min) <i>Rick</i>	5:30-6:30pm NMSU <i>Jeanette</i>	OFF
Maroon	5:30-7:00pm NMSU <i>Jeanette</i>	5:30-7:00pm NMSU <i>Rick</i>	5:30-7:00pm NMSU <i>Jeanette</i>	5:30-7:00pm NMSU <i>Rick</i>	5:30-6:30pm NMSU <i>Jeanette</i>	OFF
Silver	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	5:30-7:00pm Frenger <i>Sara</i>	6:30-7:30pm Frenger <i>Sara</i> <i>Laine</i>	5:30-7:00pm Frenger <i>Sara</i>	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	OFF
White	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF
Black	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF
Special Needs	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF
Masters	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	7:00-8:00am NMSU <i>Rick</i>

LCAT December 2021/January 2022 Practice Schedule

Week of 12/13 - 12/18

	Monday 12/13	Tuesday 12/14	Wednesday 12/15	Thursday 12/16	Friday 12/17	Saturday 12/18
Senior	OFF	5:00-7:00pm NMSU <i>Rick</i>	6:00-7:15am NMSU <i>Laine</i> 5:00-7:00pm NMSU <i>Jeanette</i>	5:00-7:00pm NMSU <i>Laine</i>	5:00-7:00pm NMSU <i>Jeanette</i>	7:00-9:00am NMSU <i>Laine</i>
Maroon	OFF	5:30-7:00pm NMSU <i>Laine</i>	5:30-7:00pm NMSU <i>Jeanette</i>	5:30-7:00pm NMSU <i>Laine</i>	5:30-7:00pm NMSU <i>Jeanette</i>	7:00-9:00am NMSU (By Invite Only) <i>Laine</i>
Silver	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	5:30-7:00pm Frenger <i>Sara</i>	6:30-7:30pm Frenger <i>Sara</i> <i>Laine</i>	5:30-7:00pm Frenger <i>Sara</i>	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	OFF
White	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF
Black	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF
Special Needs	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF
Masters	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	7:30-8:30am NMSU <i>Laine</i>

LCAT December 2021/January 2022 Practice Schedule

Week of 12/20 - 12-25

	Monday 12/20	Tuesday 12/21	Wednesday 12/22	Thursday 12/23	Friday 12/24	Saturday 12/25
Senior	5:00-7:00pm NMSU <i>Jeanette</i>	5:00-7:00pm NMSU <i>Laine</i>	6:00-7:15am NMSU <i>Laine</i> 5:00-7:00pm NMSU <i>Rick</i>	8:00-10:00am NMSU <i>Laine</i>	OFF	OFF
Maroon	5:30-7:00pm NMSU <i>Jeanette</i>	5:30-7:00pm NMSU <i>Laine</i>	5:30-7:00pm NMSU <i>Rick</i>	OFF	OFF	OFF
Silver	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	5:30-7:00pm Frenger <i>Sara</i>	6:30-7:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	OFF	OFF
White	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF	OFF	OFF
Black	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF	OFF	OFF
Special Needs	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	OFF	OFF
Masters	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	OFF	OFF	OFF

LCAT December 2021/January 2022 Practice Schedule

Week of 12/27 - 1/01

	Monday 12/27	Tuesday 12/28	Wednesday 12/29	Thursday 12/30	Friday 12/31	Saturday 1/1
Senior	5:30-7:30pm Frenger <i>Laine</i>	5:30-7:30pm Frenger <i>Rick</i>	5:30-7:30pm Frenger <i>Laine</i>	5:30-7:30pm Frenger <i>Rick</i>	OFF	OFF
Maroon	5:30-7:00pm Frenger <i>Chris</i>	5:30-7:00pm Frenger <i>Chris</i>	5:30-7:00pm Frenger <i>Chris</i>	5:30-7:00pm Frenger <i>Chris</i>	OFF	OFF
Silver	OFF	OFF	OFF	OFF	OFF	OFF
White	OFF	OFF	OFF	OFF	OFF	OFF
Black	OFF	OFF	OFF	OFF	OFF	OFF
Special Needs	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF	OFF	OFF
Masters	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	OFF

LCAT December 2021/January 2022 Practice Schedule

Week of 1/3 - 1/8

	Monday 1/3	Tuesday 1/4	Wednesday 1/5	Thursday 1/6	Friday 1/7	Saturday 1/8
Senior	Morning Hike <i>Jeanette</i>	7:00-8:30am NMSU <i>Laine</i>	7:00-8:30am NMSU <i>Rick</i>	7:00-8:30am NMSU <i>Laine</i>	7:00-8:30am NMSU <i>Rick</i>	TEAM-BUILDING EVENT <i>Jeanette</i>
	6:30-8:00pm Frenger <i>Jeanette</i>	5:00-7:00pm NMSU <i>Rick</i>	5:00-7:00pm NMSU <i>Jeanette</i>	5:00-7:00pm NMSU <i>Rick</i>	5:00-7:00pm NMSU <i>Jeanette</i>	
Maroon	6:30-8:00pm Frenger <i>Chris</i>	5:30-7:00pm NMSU <i>Chris</i>	5:30-7:00pm NMSU <i>Chris</i>	5:30-7:00pm NMSU <i>Chris</i>	5:30-7:00pm NMSU <i>Chris</i>	OFF
Silver	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	5:30-7:00pm Frenger <i>Sara</i>	6:30-7:30pm Frenger <i>Sara</i> <i>Laine</i>	5:30-7:00pm Frenger <i>Sara</i>	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	OFF
White	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF
Black	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF
Special Needs	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF
Masters	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	OFF

LCAT December 2021/January 2022 Practice Schedule

Week of 1/10 - 1/15

	Monday 1/10	Tuesday 1/11	Wednesday 1/12	Thursday 1/13	Friday 1/14	Saturday 1/15
Senior	6:30-8:00pm Frenger <i>Jeanette</i>	6:30-8:00pm Frenger (Dryland + Swim) <i>Rick</i>	5:00-7:00pm NMSU <i>Jeanette</i>	5:00-7:00pm NMSU (Dryland + Swim) <i>Rick</i>	5:00-7:00pm NMSU <i>Rick</i>	OFF
Maroon	6:30-8:00pm Frenger <i>Chris</i>	6:30-8:00pm Frenger <i>Chris</i>	5:30-7:00pm NMSU <i>Chris</i>	5:30-7:00pm NMSU <i>Chris</i>	5:30-7:00pm NMSU <i>Rick</i>	OFF
Silver	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	5:30-6:30pm Frenger <i>Sara</i>	6:30-7:30pm Frenger <i>Sara</i> <i>Laine</i>	5:30-7:00pm Frenger <i>Sara</i>	6:30-7:45pm Frenger <i>Sara</i> <i>Laine</i>	OFF
White	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Laine</i>	OFF
Black	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF	5:30-6:15pm Frenger <i>Sara</i>	OFF
Special Needs	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF	5:30-6:30pm Frenger <i>Sara</i> <i>Laine</i>	OFF
Masters	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	5:30-7:00pm Frenger <i>Sara</i>	OFF	7:30-8:30am NMSU <i>Laine</i>