



| JANUARY 2010 | | | | | | |
|--|---|--|---|---|--|--|
| SENIOR A | | | | | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Phase 1 Christmas Break 14 practices from December 24 th – January 3 rd Winners – Vincent and Jessica Catarinacchio 14/14 | | Phase 2 Distance and Fly Trumps 38 practices from January 4 th – February 4 th (4-42) Winners - ? | | | 1 Happy New Year | 2 Sen A 6:30-8:15 AM (1) |
| 3 Senior A 7:00-8:30 AM (2) Sen A – 5:30-7:00 PM (3) | 4 Senior A 5:15-7:15 PM (4) | 5 SA – 5-6:30 AM (5) Senior A 6:45-8:45 PM (6) | 6 Senior A 4:30-6:30 PM (7) | 7 SA – 5-6:30 AM (8) Senior A 6:45-8:45 PM (9) | 8 Middies “Ladies Night Out” Meet At the YWCA 4:30 PM warm-up No practices | 9 Sen A 6:30-8:15 AM (10) |
| 10 Senior A 7:00-8:30 AM (11) Sen A – 5:30-7:00 PM (12) | 11 Senior A 4:30-5:15 DL 5:15-7:15 PM (13) | 12 SA – 5-6:30 AM (14) Senior A 6:45-8:45 PM (15) | 13 Senior A 4:30-6:30 PM (16) | 14 SA – 5-6:30 AM (17) Senior A – 6:00-6:45 DL 6:45-8:45 PM (18) | 15 Senior A 4:30-6:30 PM (19) | 16 Sen A 6:30-8:15 AM (20) |
| 17 Senior A 7:00-8:30 AM (21) Sen A – 4:30-5:30 DL 5:30-7:00 PM (22) | 18 Middies “MLK Going the Distance” At the YWCA 12/Under 9 AM 13/Over 1:30 PM No practices | 19 SA – 5-6:30 AM (23) Senior A 6:45-8:45 PM (24) | 20 Senior A 4:30-6:30 PM (25) | 21 SA – 5-6:30 AM (26) Senior A – 6:00-6:45 DL 6:45-8:45 PM (27) | 22 Senior A 4:30-6:30 PM (28) | 23 Sen A – 6:30-8:30 AM (29) |
| 24 BGNW Marlins 8/Under Meet In Mt. Kisco 9-10 & 13-14 - 8:00 AM 11-12 & Open -1:00 PM No Practices | 25 Senior A 4:30-5:15 DL 5:15-7:15 PM (30) | 26 SA – 5-6:30 AM (31) Senior A 6:45-8:45 PM (32) | 27 Senior A 4:30-6:30 PM (33) | 28 SA – 5-6:30 AM (34) Senior A – 6:00-6:45 DL 6:45-8:45 PM (35) | 29 Sen A 4:30-6:30 PM Hawks Meet In Montgomery NY | 30 Hawks Trials & Finals Meet In Montgomery NY |
| 31 Sen A – 4:30-5:30 DL 5:30-7:00 PM (36) | Phase 3 Necklace Challenge 26 practices in 19 days from February 8th – February 26th (43-67) | | | | | |