

***SILVER AND BLACK ONLY TUESDAYS AT THE ARC**

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Red/Senior 4:30 - 6:30	2 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC Red/Senior 4:30 - 6:30 Dryland 4:30 - 5:15	3 Red/Senior 4:30 - 6:30	4  Red/Senior 4:30 - 6:30 Dryland 4:30 - 5:15	5 Red/Senior 4:30 - 6:30 Silver 1 - 6:30 - 7:15 Silver 2 7:15 - 8:00 Black 6:30 - 8:00	6 Silver 1 8:30-9:15 AM Silver 2 9:15-10 AM Black 8:30-10 AM TYR USA Meet @Cleveland
7 TYR USA Meet @Cleveland	8 Red/Senior 4:30 - 6:30	9 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC SRHS Home Meet - Red/Senior No Practice	10 Red/Senior 4:30 - 6:30	11 SRHS Home Meet - Red/Senior No Practice	12 No Practice - SRU Graduation	13 Away Meet @ Carlynton
14	15 SRHS Meet Red/Senior 3:30 - 5:00	16  Silver 1 - 5:00 - 5:45 Silver 2 5:45 - 6:30 Black 5:00 - 6:30 Red/Senior 5:30 - 8:00 Dryland 5:30 - 6:15	17 Red/Senior 4:30 - 6:30	18 Red/Senior 4:30 - 6:30 Dryland 4:30 - 5:15	19 <u>ALL</u> Practice Groups! Christmas Fun Practice 5:30 - 7:30	20 Senior 7-8:30 AM Red 7-8:30 AM Silver 1 8:30-9:15 AM Silver 2 9:15-10 AM Black 8:30-10 AM
21	22 Red/Senior 4:30 - 6:30	23 Silver 1 - 5:00 - 5:45 Silver 2 5:45 - 6:30 Black 5:00 - 6:30 Red/Senior 5:30 - 8:00 Dryland 5:30 - 6:15	24 No Practice 	25 	26 Red/Senior 4:30 - 6:30 Silver 1 - 6:30 - 7:15 Silver 2 7:15 - 8:00 Black 6:30 - 8:00	27 Senior 7-8:30 AM Red 7-8:30 AM Silver 1 8:30-9:15 AM Silver 2 9:15-10 AM Black 8:30-10 AM
28 	29 Red/Senior 4:30 - 6:30	30 Silver 1 - 5:00 - 5:45 Silver 2 5:45 - 6:30 Black 5:00 - 6:30 Red/Senior 5:30 - 8:00 Dryland 5:30 - 6:15	31 No Practice 	* <u>ALL</u> practices will take place at the Fieldhouse beginning December 15 th until January 17 th		