

# SRST Practice Schedule

## November 2018

| Sun | Mon   | Tue   | Wed  | Thu   | Fri  | Sat   |
|-----|---|---|--|---|--|---|
|     |   |   |  | 1<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br>Silver 7-8  | 2<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00                             | 3<br>Red 7:30-9:00<br>Senior 7:30-9:00<br>Silver 9-10:00 am<br><u>Dryland 9-10</u>                            |
| 4   | 5<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br><u>Dryland 7:15-8:00</u>  | 6<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br>Silver 7-8  | 7<br>Senior 5-6:30<br>Red 5-6:30<br><u>Dryland 6:45-7:10</u><br>Pre-Team 7:15-8  | 8<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br>Silver 7-8  | 9<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00                             | 10<br>Red 7:30-9:00<br>Senior 7:30-9:00<br>Silver 9-10:00 am<br><u>Dryland 9-10</u>                           |
| 11  | 12<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br><u>Dryland 7:15-8:00</u> | 13<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br>Silver 7-8 | 14<br>Senior 5-6:30<br>Red 5-6:30<br><u>Dryland 6:45-7:10</u><br>Pre-Team 7:15-8 | 15<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br>Silver 7-8 | 16<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00                            | 17<br><b>Home Eels Meet vs. Hopewell and Oxford</b>   |
| 18  | 19<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br><u>Dryland 7:15-8:00</u> | 20<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br>Silver 7-8 | 21<br>Senior 5-6:30<br>Red 5-6:30<br><u>Dryland 6:45-7:10</u><br>Pre-Team 7:15-8 | 22<br><b>No practice- Happy Thanksgiving!</b>                   | 23<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00                            | 24<br>Red 7:30-9:00<br>Senior 7:30-9:00<br>Silver 9-10:00 am<br><u>Dryland 9-10</u>                           |
| 25  | 26<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br><u>Dryland 7:15-8:00</u> | 27<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br>Silver 7-8 | 28<br>Senior 5-6:30<br>Red 5-6:30<br><u>Dryland 6:45-7:10</u><br>Pre-Team 7:15-8 | 29<br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00<br>Silver 7-8 | 30<br><b>USA Shaker Shark</b><br>Senior 5-7<br>Red 5-6:30<br>Black 6:30-8:00 | 1<br><b>USA Shaker Shark</b><br>Red 7:30-9:00<br>Senior 7:30-9:00<br>Silver 9-10:00 am<br><u>Dryland 9-10</u> |