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2010 Practice Schedule **August**

- **August 1** **Sunday First day of practice** **2:00 - 5:00 pm**
- **August 2-6** **Monday thru Friday** **5:30 - 8:00 pm**
- **August 9-13** **Monday thru Friday** **5:30 - 8:00 pm**
- **August 16-19** **Monday thru Thursday** **5:30 - 8 :00 pm**
- **August 21** **OPENING DAY SCRIMMAGES**
- **August 23-26** **Monday thru Thursday** **5:30 - 8:00 pm**
- **August 28** **FIRST SCHEDULED GAMES**
- **August 30-31** **Monday thru Tuesday** **5:30-8:00pm**

September

- **September 1-2** **Wednesday thru Thursday** **5:30-8:00 pm**
- **September 6** **Monday** **LABOR DAY No practice**
- **September 7-9** **Tuesday thru Thursday** **5:30-8:00 pm**
- **September 14-16** **Tuesday thru Thursday** **5:30-8:00 pm**
- **September 21-23** **Tuesady thru Thursday** **5:30-8:00 pm**
- **September 28-30** **Tuesday thru Thursady** **5:30-8:00 pm**

Reminders

- **August 1-Labor Day –10 hrs of practice per wk = 2 hrs of practice + 3 -10 min. water breaks per day x 5**
- **August 14 – 1st day to certify**
- **August 22 – Last day to certify before 1st game**
- **September 7- to end of season – 6 hrs of practice per wk = 2 hrs of practice + 3 -10 min. water breaks per day x 3**

All Practices held at Parsons Field on scheduled days and times only