

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					31	1
2	3	4	5	6	7	8
9	10 Power Training 2:45-4:00	11 Power Training 2:45-4:00	12 Power Training 2:45-4:00	13 Power Training 2:45-4:00	14 Fast Fridays	15
16	17 MLK Holiday No Practice	18 Power Training 2:45-4:00	19 Power Training 2:45-4:00	20 Power Training 2:45-4:00	21 Fast Fridays	22
23	24 Power Training 2:45-4:00	25 Conditioning Practice Try Outs	26 Conditioning Practice Try Outs	27 Conditioning Practice Try Outs	28 Fast Fridays	29
30	31 Conditioning Practice Try Outs					

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Spirit Pack orders due Conditioning Practice Try Outs	1 Conditioning Practice/ Try Outs	2 Conditioning Practice/ Try Outs	3 Conditioning Practice/ Try Outs	4 Final Roster Posted	5
6	7 Practice 3:00-5:25	8 Practice 3:00-5:25	9 Practice 3:00-5:25	10 Practice 3:00-5:25	11 No Practice	12
13	14 Practice 3:00-5:25	15 Practice 3:00-5:25	16 Practice 3:00-5:25	17 Practice 3:00-5:25	18 Holiday No Practice	19
20	21 Holiday No Practice	22 Practice 3:00-5:25	23 Practice 3:00-5:25	24 Practice 3:00-5:25	25 Practice 3:00-5:25	26
27	28					

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 Practice 3:00-5:25	1 Practice 3:00-5:25	2 Practice(min day) 3:00-5:25	3 Practice 3:00-5:25	4 Steve March Relays @DO	5
6	7 Practice 3:00-5:25	8 Practice 3:00-5:25	9	10 Practice 3:00-5:25	11 Practice 3:00-5:25	12 King/Gilbert Invitational
13	14 Practice 3:00-5:25	15 Practice 3:00-5:25	16	17 Practice 3:00-5:25	18 Practice 3:00-5:25	19 Le Febvre Relays *Volunteers Needed
20	21 Practice 3:00-5:25	22 Practice 3:00-5:25	23	24 Practice 3:00-5:25	25 Stanford Invitational	26 Stanford Invitational
27	28 Practice 3:00-5:25	29 Practice 3:00-5:25	30 Center @ Placer	31 Practice 3:00-5:25		

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 3:00-5:25	2
3	4 Practice 3:00-5:25	5 Practice 3:00-5:25	6 Placer @ Colfax	7 Practice 3:00-5:25	8 Arcadia Invitational	9 Arcadia Invitational BV Invite
10	11 Practice 3:00-5:25	12 Practice 3:00-5:25	13 Lincoln @ Placer	14 Practice 3:00-5:25	15 Del Oro Invite	16
17	18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22 Spring Break	23
24	25 Practice 3:00-5:25	26 Practice 3:00-5:25	27 Bear River @ Placer	28 Practice 3:00-5:25	29 Practice 3:00-5:25	30 SMOC

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:00-5:25	3 Practice 3:00-5:25	4 Placer @ Foothill	5 Practice 3:00-5:25	6 Nevada Union Invitational	7
8	9 Practice 3:00-5:25	10 PVL Championships (subject to change)	11 Practice 3:00-5:25	12 PVL Championships (subject to change)	13 Practice 3:00-5:25	14
15 Auburn Triathlon *ALL athletes required to attend*	16 Practice 3:00-5:00	17 Division III Championships (subject to change)	18 Practice 3:00-5:00	19 Division III Championships (subject to change)	20 Practice 3:00-5:00	21 Awards Ceremony
22	23 Practice 3:00-5:00	24 Practice 3:00-5:00	25 Minimum Day Chk w/ Coach	26 Masters Meet	27 Masters Meet	28
29	30 Practice 3:00-5:00	1 Practice 3:00-5:00	2 Practice 3:00-5:00	3 State Meet @ Buchannon HS/Fresno	4 State Meet @ Buchannon HS/Fresno	5