

CRAA PRACTICE SCHEDULE

(As of July 13, 2010)

	Monday July 12	Tuesday July 13	Wednesday July 14	Thursday July 15	Friday July 16	Saturday July 17	Sunday July 18
Junior Rookies Early	9:45-10:30 AM @ Coe	9:45-10:30 AM @ Coe & Waves PM Meet	9:45-10:30 AM @ Coe	9:45-10:30 AM @ Coe	No Practice	No Practice	No Practice
Junior Rookies Late	5:30-6:15 PM @ Wash	Waves PM Meet & No PM Practice	5:30-6:15 PM @ Wash	5:30-6:15 PM @ Wash	No Practice	No Practice	No Practice
Junior I AM	8:30-9:30 AM @ Coe	8:30-9:30 AM @ Coe & Waves PM Meet	8:30-9:30 AM @ Coe	8:30-9:30 AM @ Coe	7:45-8:45 AM @ Coe	No Practice	No Practice
Junior I PM	5:30-6:30 PM @ Wash	Waves PM Meet & No PM Practice	5:30-6:30 PM @ Wash	5:30-6:30 PM @ Wash	7:45-8:45 AM @ Coe	No Practice	No Practice
Junior II	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & Waves PM Meet No PM Practice	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & 4:00-5:30 PM @ Wash	7:45-9:00 AM @ Coe	No Practice	No Practice
Bronze	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & Waves PM Meet No PM Practice	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & 4:00-5:30 PM @ Wash	7:45-9:00 AM @ Coe	No Practice	No Practice
Silver	4:30-6:00 PM @ Coe	7:00-8:30 AM @ Coe & 4:30-6:00 PM @ Coe	4:30-6:00 PM @ Coe	7:00-8:30 AM @ Coe & 4:30-6:00 PM @ Coe	7:00-8:30 AM @ Coe	No Practice	No Practice
Gold	6:00-7:45 AM @ Coe & 3:00-4:30 PM @ Coe	6:00-7:45 AM @ Coe & 3:00-4:30 PM @ Coe	6:00-7:45 AM @ Coe	6:00-7:45 AM @ Coe & 3:00-4:30 PM @ Coe	6:00-7:45 AM @ Coe	No Practice	No Practice
Senior	6:00-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	6:00-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	6:00-8:00 AM @ Coe	6:00-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	6:00-7:45 AM @ Coe	TBA	No Practice

CRAA PRACTICE SCHEDULE

(As of July 13, 2010)

	Monday July 19	Tuesday July 20	Wednesday July 21	Thursday July 22	Friday July 23	Saturday July 24	Sunday July 25
Junior Rookies Early	9:45-10:30 AM @ Coe	9:45-10:30 AM @ Coe	9:45-10:30 AM @ Coe	9:45-10:30 AM @ Coe	No Practice	All City Meet & Regional Meet	Regional Meet
Junior Rookies Late	5:30-6:15 PM @ Wash	5:30-6:15 PM @ Wash	5:30-6:15 PM @ Wash	5:30-6:15 PM @ Wash	No Practice	All City Meet & Regional Meet	Regional Meet
Junior I AM	8:30-9:30 AM @ Coe	8:30-9:30 AM @ Coe	8:30-9:30 AM @ Coe	8:30-9:30 AM @ Coe	7:45-8:45 AM @ Coe	All City Meet & Regional Meet	Regional Meet
Junior I PM	5:30-6:30 PM @ Wash	5:30-6:30 PM @ Wash	5:30-6:30 PM @ Wash	5:30-6:30 PM @ Wash	7:45-8:45 AM @ Coe	All City Meet & Regional Meet	Regional Meet
Junior II	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & 4:00-5:30 PM @ Wash	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & 4:00-5:30 PM @ Wash	7:45-9:00 AM @ Coe	All City Meet & Regional Meet	Regional Meet
Bronze	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & 4:00-5:30 PM @ Wash	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & 4:00-5:30 PM @ Wash	7:45-9:00 AM @ Coe	All City Meet & Regional Meet	Regional Meet
Silver	4:30-6:00 PM @ Coe	7:00-8:30 AM @ Coe & 4:30-6:00 PM @ Coe	4:30-6:00 PM @ Coe	7:00-8:30 AM @ Coe & 4:30-6:00 PM @ Coe	7:00-8:30 AM @ Coe	7:00-8:30 AM @ Coe & Regional Meet	Regional Meet
Gold	6:30-8:00 AM @ Coe & 3:00-4:30 PM @ Coe	6:30-8:00 AM @ Coe & 3:00-4:30 PM @ Coe	6:30-8:00 AM @ Coe	6:30-8:00 AM @ Coe & 3:00-4:30 PM @ Coe	6:30-8:00 AM @ Coe	7:00-8:30 AM @ Coe & Regional Meet	Regional Meet
Senior	6:30-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	6:30-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	6:30-8:00 AM @ Coe	6:30-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	6:30-8:00 AM @ Coe	7:00-8:30 AM @ Coe & Regional Meet	Regional Meet

CRAA PRACTICE SCHEDULE

(As of July 13, 2010)

	Monday July 26	Tuesday July 27	Wednesday July 28	Thursday July 29	Friday July 30	Saturday July 31	Sunday Aug 1
Junior Rookies Early	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over
Junior Rookies Late	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over
Junior I AM	8:30-9:30 AM @ Coe	8:30-9:30 AM @ Coe Last Chance Meet at Coe @ 5:30 PM	Season Over	Season Over	Season Over	Season Over	Season Over
Junior I PM	5:30-6:30 PM @ Wash	Last Chance Meet at Coe @ 5:30 PM	Season Over	Season Over	Season Over	Season Over	Season Over
Junior II	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & Last Chance Meet at Coe @ 5:30 PM	4:00-5:30 PM @ Wash	No AM Practice & 4:00-5:30 PM @ Wash	State Meet	State Meet	State Meet
Bronze	4:00-5:30 PM @ Wash	8:15-9:30 AM @ Coe & Last Chance Meet at Coe @ 5:30 PM	4:00-5:30 PM @ Wash	No AM Practice & 4:00-5:30 PM @ Wash	State Meet	State Meet	State Meet
Silver	4:30-5:45 PM @ Coe	7:00-8:15 AM @ Coe & Last Chance Meet at Coe @ 5:30 PM	4:30-5:45 PM @ Coe	7:00-8:30 AM @ Coe & State Meet	State Meet	State Meet	State Meet
Gold	7:00-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	7:00-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	7:00-8:15 AM @ Coe	7:00-8:15 AM @ Coe & No PM Practice State Meet	State Meet	State Meet	State Meet
Senior	7:00-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	7:00-8:15 AM @ Coe & 3:00-4:30 PM @ Coe	7:00-8:15 AM @ Coe	7:00-8:15 AM @ Coe & No PM Practice State Meet	State Meet	State Meet	State Meet

CRAA PRACTICE SCHEDULE

(As of July 13, 2010)

	Monday August 2	Tuesday August 3	Wednesday August 4	Thursday August 5	Friday August 6	Saturday August 7	Sunday August 8
Junior Rookies Early	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over
Junior Rookies Late	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over
Junior I AM	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over
Junior I PM	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over
Junior II	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over
Bronze	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over	Season Over
Silver	4:30-5:45 PM @ Coe	4:30-5:45 PM @ Coe	4:30-5:45 PM @ Coe	Zones	Zones	Zones	Zones
Gold	No AM Practice & 3:00-4:30 PM @ Coe	7:00-8:30 AM @ Coe	Zones	Zones	Zones	Zones	Zones
Senior	No AM Practice & 3:00-4:30 PM @ Coe	7:00-8:30 AM @ Coe	Zones	Zones	Zones	Zones	Zones

August 8, 2010
Spring/Summer Season Over for All Practice Groups