	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
	LC at Hampden		LC at Hampden		LC at Hampden		LC at Hampden		LC at Hampden					
	8-10:15am	Sr/Pre-Sr	8-10:15am	Sr/Pre-Sr	8-10:15am	Sr/Pre-Sr	8-10:15am	SR/Pre-S	8-10:15am	Sr/Pre-Sr			No Practi	ces today
													110 1 1401	coo today
		Summer Team @ Hamp 8-9:45am AGC		Summer Team @ Hamp 8-9:45am AGC		Summer Team @ Hamp 8-9:45am AGC		Summer Team @ Hamp 8-9:45am AGC		Summer Team @ Hamp 8-9:45am AGC				
	8-9:45am 8-9:45am	AGB	8-9:45am 8-9:45am	AGB	8-9:45am 8-9:45am	AGB	8-9:45am 8-9:45am	AGB	8-9:45am 8-9:45am	AGB				
	9:15-10:15am	AGA	9:15-10:15am	AGA	9:15-10:15am		9:15-10:15am	AGA	9:15-10:15am	AGA	Summer	League Mid		
Week of												•		
7/24-30/17											Cap Championships Spring Grove High			
	at YMCA		at YMCA		at YMCA		No evening practice				School			
	5:30-7pm 5:30-7pm	AGC AGB	5:30-7pm 5:30-7pm	AGC AGB	5:30-7pm 5:30-7pm	AGC AGB		•			School			
	5.30-7 pm	AGB	6:15-7:15pm	AGA	6:15-7:15pm	AGA	due to Du	CKS PICNIC						
			0.10 1.10p	7.02.	Last Da									
		23		24		25		26	6	27		28		29
	at YMCA		<u>at YMCA</u> 3:30-5:30pm SR		at YMCA		at YMCA 3:30-5:30pm SR		<u>at YMCA</u> 3:30-5:30pm SR					
	3:30-5:30pm 3:30-5:30pm	SR Pre-Sr	3:30-5:30pm 3:30-5:30pm	Pre-Sr	3:30-5:30pm 3:30-5:30pm	SR Pre-Sr	3:30-5:30pm 3:30-5:30pm	SK Pre-Sr	3:30-5:30pm 3:30-5:30pm	SR Pre-Sr	No Pract	ices today	No Practi	ces today
	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	0.00-0.00pm	110-01				
Week of	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB						
7/30-8/5/18														
		30												_
	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA			4		Э
	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR				
	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr				
	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC						
Week of	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB						
8/6-12/18														
		6		7		8		9	9	10		11		12