

January 2010

SYLVIES NOTES

Sessions in the Field House require 2 Lanes.

In September, Sylvie will try to train outside as much as possible, depending on the weather. During Cold or inclement weather they will use the Field House.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	6 WVB & Soccer- MUN: 6:30-7am FH: 7-8:30am	7	8	9
10	11	12 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	13 WVB & Soccer- MUN: 6:30-7am FH: 7-8:30am	14	15	16
17	18 <i>Soccer Fitness Test</i>	19 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	20 WVB & Soccer- MUN: 6:30-7am FH: 7-8:30am	21	22	23
24	25 <i>Soccer</i>	26 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	27 WVB & Soccer- MUN: 6:30-7am FH: 7-8:30am	28	29	30
31						

February 2010

Sun Mon Tue Wed Thu Fri Sat

SYLVIES NOTES

Sessions in the Field House require 2 Lanes.

In September, Sylvie will try to train outside as much as possible, depending on the weather. During Cold or inclement

1
Soccer

2
WBB & MVB
MUN: 6:30-7am
FH: 7-8:30am

3
WVB & Soccer-
MUN: 6:30-7am
FH: 7-8:30am

4

5

6

7

8
Soccer

9
WBB & MVB
MUN: 6:30-7am
FH: 7-8:30am

10
WVB & Soccer-
MUN: 6:30-7am
FH: 7-8:30am

11

12

13

14

15
Soccer

16
WBB & MVB
MUN: 6:30-7am
FH: 7-8:30am

17
WVB & Soccer-
MUN: 6:30-7am
FH: 7-8:30am

18

19

20

21

22
Soccer

23
WBB & MVB
MUN: 6:30-7am
FH: 7-8:30am

24
WVB & Soccer-
MUN: 6:30-7am
FH: 7-8:30am

25

26

27

28

March 2010

SYLVIES NOTES

Sessions in the Field House require 2 Lanes.

In September, Sylvie will try to train outside as much as possible, depending on the weather. During Cold or inclement

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1 Soccer</i>	<i>2</i>	<i>3 Soccer</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8 Soccer</i>	<i>9</i>	<i>10 Soccer</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17 Soccer</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22 Soccer</i>	<i>23</i>	<i>24 Soccer</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29 Soccer</i>	<i>30</i>	<i>31 Soccer</i>			

April 2010

Sun Mon Tue Wed Thu Fri Sat

SYLVIES NOTES

Sessions in the Field House require 2 Lanes.

In September, Sylvie will try to train outside as much as apossible, depending on the weather. During Cold or inclement weather they will use the Field House.

1 2 3

4 5 6 7 8 9 10
Soccer
Fitness Test

11 12 13 14 15 16 17
Soccer

18 19 20 21 22 23 24
Soccer

25 26 27 28 29 30
Soccer