



# September 2009



## **SYLVIES NOTES**

**Sessions in the Field House require 2 Lanes.**

**In September, Sylvie will try to train outside as much as a 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
6	7	8	9 FH Track W/M Soccer Fitness test 7-8:30am	10	11	12
13	14 FITNESS TEST WVB & MBB FH: 7-8:30am	15 FITNESS TEST WBB FH: 7-8:30am	16 WVB & MBB MUN: 6:30-7am FH: 7-8:30am	17 WBB MUN: 6:30-7am FH: 7-8:30am	18	19
20	21 WVB & MBB MUN: 6:30-7am FH: 7-8:30am	22 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	23 WVB & MBB MUN: 6:30-7am FH: 7-8:30am	24 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	25	26
27	28 WVB & MBB MUN: 6:30-7am FH: 7-8:30am	29 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	30 WVB MUN: 6:30-7am FH: 7-8:30am			

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

# November 2009

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**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
1 <a href="#">WVB 2 Games</a> <a href="#">MVB 1 Game</a>	2	3 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	4 WVB MUN: 6:30-7am FH: 7-8:30am	5	6	7 <a href="#">MVB 1 game</a> <a href="#">WBB &amp; MBB</a>
8 <a href="#">MVB 1 game</a> <a href="#">MBB &amp; WBB</a>	9 WVB MUN: 6:30-7am FH: 7-8:30am	10 WBB MUN: 6:30-7am FH: 7-8:30am	11	12 MVB MUN: 6:30-7am FH: 7-8:30am	13	14 <a href="#">WBB &amp; MBB</a> <a href="#">WVB</a>
15 <a href="#">WBB &amp; MBB</a> <a href="#">WVB</a>	16	17 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	18 WVB MUN: 6:30-7am FH: 7-8:30am	19	20	21 <a href="#">MVB</a> <a href="#">WVB</a> <a href="#">WBB &amp; MBB</a>
22 <a href="#">MVB- 2</a> <a href="#">WVB</a> <a href="#">WBB &amp; MBB</a>	23 <a href="#">MVB</a>	24 WBB MUN: 6:30-7am FH: 7-8:30am	25 WVB & MBB MUN: 6:30-7am FH: 7-8:30am	26 WBB & MVB MUN: 6:30-7am FH: 7-8:30am	27	28
29	30 WVB & MBB MUN: 6:30-7am FH: 7-8:30am					

# December 2009

## **SYLVIES NOTES**

**Sessions in the Field House require 2 Lanes.**

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