

# November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					<b>1</b> Open Gym 3:15-4:45	<b>2</b>
<b>3</b>	<b>4</b> Lifting 3:30-4:45	<b>5</b> Open Gym 3:30-5:00	<b>6</b> Lifting 3:30-4:45	<b>7</b> Lifting 3:30-4:45	<b>8</b> Open Gym 3:15-4:45	<b>9</b>
<b>10</b>	<b>11</b> Middle School Tryouts 3:30-5:15pm O'Shag Captain's Practice 3:30-5:00pm Sjoberg & Holtz	<b>12</b> Middle School Tryouts 3:30-5:15pm O'Shag HS Lift 3:30-5:00	<b>13</b> Captain's Practice 3:30-5:00pm Sjoberg & Holtz	<b>14</b> Captain's Practice 3:30-5:00pm Sjoberg & Holtz	<b>15</b> HS Lift 3:30-5:00	<b>16</b>
<b>17</b>	<b>18</b> HS Tryouts 3:30-5:30 Sjoberg & Holtz	<b>19</b> HS Tryouts 3:30-5:30 Sjoberg & Holtz	<b>20</b> HS Tryouts 3:30-5:30 Sjoberg & Holtz	<b>21</b> Practice O'shag & Holtz: 3:30-5:30pm Sjoberg: 3:30-6:00pm	<b>22</b> Practice O'shag & Holtz: 3:30-5:15pm Sjoberg: 3:30-6:00pm	<b>23</b>
<b>24</b>	<b>25</b> Practice O'shag & Holtz: 3:30-5:15pm Sjoberg: 3:30-6:00pm	<b>26</b> Practice O'shag & Holtz: 3:30- 5:15pm Sjoberg: 3:30-6:00pm	<b>27</b> Practice O'shag & Holtz: 3:30-5:15pm Sjoberg: 3:30-6:00pm	<b>28</b> Thanksgiving-No School Off	<b>29</b> No School Practice Sjoberg: 10:00am- 12:00pm	<b>30</b> Practice Sjoberg 10:00am- 12:00pm
<b>31</b>						

2019