

**Monday Oct 5, 2009**

Team	Time	Location	Event	Notes	Coach
Sr. Girls Basketball	3:15pm - 5pm	Plyometric Room	Strength & Conditioning		Chapman, Gram, Harild
Jr. Girls Basketball	3:15pm - 5pm	Gym A	Practice		Callender, Lazier
Jr. Boys Football	3:15pm - 5pm	Football Field	Practice		Velinor, Gouge
Sr. Girls Field Hockey	2:30pm - 3:30pm	West Field	Game v. MVL		Palm
Sr. Girls Field Hockey	3:30pm - 4:30pm	West Field	MVL v. BRA		
Sr. Girls Field Hockey	4:30pm - 5:30pm	West Field	BCS v. UHS		Palm
Jr. Boys Soccer	3:00pm - 4:15pm	BRA	Game v. BRA		Fox, McQuillan
Sr. Boys Soccer	4:15pm - 5:30pm	BRA	Game v. BRA		Fox, McQuillan
Sr. Boys Volleyball	4:30pm - 6:30pm	PET	Game v. STO & PET		McCutcheon
Jr. Boys Volleyball	4:30pm - 6:30pm	PET	Game v. STO & PET		Angus
Cross Country	3:15pm - 5pm	YR Forest	Practice		Arsenault, Tappenden
Cheerleading	Lunch	Gym C	Practice		Arsenault, Tappenden

**Tuesday Oct 6, 2009**

Team	Time	Location	Event	Notes	Coach
Sr. Girls Basketball	3:15pm - 5pm	Gym A	Strength & Conditioning		Chapman, Gram, Harild
Jr. Girls Basketball	3:15pm - 5pm	Gym A	Practice		Callender, Lazier
Jr. Boys Football	3:15pm - 5pm	Main Field - Half	Practice		Velinor, Gouge
Sr. Girls Field Hockey	3:15pm - 5pm	Backfield	Practice		Palm
Sr. Girls Field Hockey	2:30pm - 3:30pm	West Field	LSS v. THL		Palm
Sr. Girls Field Hockey	3:30pm - 4:30pm	West Field	STA v. BAY		Palm
Sr. Girls Field Hockey	4:30pm - 5:30pm	West Field	LSS v. STA		Palm
Jr. Boys Soccer	3:00pm - 4:15pm	Main Field - Half	Game v. BRA		Fox, McQuillan
Sr. Boys Soccer	4:15pm - 5:30pm	Main Field - Half	Game v. BRA		Fox, McQuillan
Sr. Boys Volleyball	4:30pm - 6:30pm	Plyometric Room	Strength & Conditioning		McCutcheon, Chapman
Jr. Boys Volleyball	4:30pm - 6:30pm	Gym B	Practice		Angus
Cross Country	3:15pm - 5pm	BCSS	Practice		Arsenault, Tappenden
Cheerleading	Lunch		Practice		Arsenault, Tappenden

**Wednesday Oct 7, 2009**

Team	Time	Location	Event	Notes	Coach
Sr. Girls Basketball	5:15pm - 6:30pm	BRA	Game v. BRA		Gram, Harild
Jr. Girls Basketball	4pm - 5:15pm	BRA	Game v. BRA		Callender, Lazier
Jr. Boys Football	3:15pm - 5pm	Main Field	Practice		Velinor, Gouge
Sr. Girls Field Hockey	3:00pm - 4:15pm	West Field	Game v. BRA		Palm
Sr. Girls Field Hockey	4:00pm - 5:00pm	West Field	MIL v. UHS		Palm
Jr. Boys Soccer	3:00pm - 4:15pm	Sheppards Bush	Game v. MAX		Fox, McQuillan
Sr. Boys Soccer	3:00pm - 4:15pm	STE	Game v. STE		Fox, McQuillan

Sr. Boys Volleyball	4:30pm - 6:30pm	UHS	Game v. FMM	McCutcheon
Jr. Boys Volleyball	3:15pm - 5pm	Gym A	Practice	Angus
Cross Country	3:15pm - 5pm	BCSS	Practice	Arsenault, Tappenden

#### Thursday Oct 8, 2009

Team	Time	Location	Event	Notes	Coach
Sr. Girls Basketball	3:15pm - 5pm	Gym B	Practice		Chapman, Gram, Harild
Jr. Girls Basketball	3:15pm - 5pm	Gym B	Practice		Callender, Lazier
Jr. Boys Football	4:00pm - 6pm	KCS	Game v. KCS		Velinor, Gouge
Sr. Girls Field Hockey	3:00pm - 4:15pm	West Field	THL v. AML		
Sr. Girls Field Hockey	4:15pm - 5:30pm	West Field	THL v. BAY		
Sr. Boys Soccer	3:00pm - 4:15pm	Main Field	Game v. STL		Fox, McQuillan
Sr. Boys Volleyball	4:30pm - 6:30pm		Strength & Conditioning		McCutcheon, Chapman
Jr. Boys Volleyball	4:30pm - 6:30pm		Practice		Angus
Cross Country	3:15pm - 5pm	BCSS	Practice		Arsenault, Tappenden

#### Friday Oct 9, 2009

Team	Time	Location	Event	Notes	Coach
Sr. Girls Basketball	3:15pm - 5pm	Gym B	Practice		Gram, Harild
Jr. Girls Basketball	3:15pm - 5pm	Gym B	Practice		Callender, Lazier
Sr. Girls Field Hockey	12p - 4p	West Field	Tournament		Palm
Jr. Boys Soccer	3:00pm - 4:15pm	Main Field	Game v. VAN		Fox, McQuillan
Sr. Boys Soccer	3:00pm - 4:15pm	STE	Game v. STR		Fox, McQuillan
Sr. Boys Volleyball	4:30pm - 6:30pm	Gym A	Game v. FMM		McCutcheon
Jr. Boys Volleyball	3:15pm - 5pm	Gym A	Practice		Angus
Cross Country	3:15pm - 5pm	BCSS	Practice		Arsenault, Tappenden
Cheerleading	Lunch		Practice		Arsenault, Tappenden

	Competitions
	Practice
	Event Hosting
	Meetings, Workshops, Seminars