

**Monday Sept 28, 2009**

Team	Time	Location	Event	Notes	Coach
Sr. Girls Field Hockey	3:15pm - 4:15pm	West Field	Game v. UHS	Exhibition	Palm
Sr. Boys Volleyball	3:15pm - 4:15pm	Lecture Hall	Mental Performance Training		Abou-Saab, McCutcheon
Jr. Boys Football	3:15pm - 5pm	Football Field	Practice		Velinor, Gouge
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 Soccer	3:15pm - 5pm	Backfield	Practice		Fox, McQuillan
Jr. Boys Volleyball	3:15pm - 5pm	Gym B	Practice		Angus
Cross Country	3:15pm - 5pm	YR Forest	Practice		Arsenault, Tappenden
Cheerleading	Lunch	YR Forest	Practice		Arsenault, Tappenden

**Tuesday Sept 29, 2009**

Team	Time	Location	Event	Notes	Coach
Jr. & Sr. Boys Soccer	3:15pm - 5pm	Backfield	Practice		Fox McQuillan
Jr. Boys Football	3:15pm - 5pm	Main Field	Practice		Gouge, Velinor
Jr. & Sr. Boys Volleyball	3:15pm - 5pm	Gym B	Practice		McCutcheon, Angus
Jr. Girls Basketball	3:15pm - 5pm	Gym A	Practice		Callender, Lazier
Sr. Girls Basketball	3:15pm - 5pm	Gym B	Practice		Gram, Harild
Cheerleading	Lunch	YR Forest	Practice		Arsenault, Tappenden
Cross Country	3:15pm	BCSS	Practice		Arsenault, Tappenden
Golf	3:30 - 4:30pm	Angus Glen	Practice	3pm Dep	Hood

**Wednesday Sept 30, 2009**

Team	Time	Location	Event	Notes	Coach
Sr. Girls Basketball	4pm - 5:15pm	BCSS - GYM A	Game v. CCC		Gram, Harild
Jr. Girls Basketball	5:15pm - 6:30pm	BCSS - GYM A	Game v. FMM		Callender, Lazier
Jr. Boys Football	3:15p - 5pm	Main Field - Half	Practice		Gouge, Velinor
Sr. Girls Field Hockey	3:15p - 5pm	Main Field - Half	Practice		Palm
Jr. Boys Soccer	3pm - 4:15pm	West Field	Game v. STL		Fox, McQuillan
Sr. Boys Soccer	4:15pm - 5:30pm	Main Field	Game v. STL		Fox, McQuillan
Jr & Sr Boys Volleyball	3:15p - 5pm	Gym A	Practice		McCutcheon, Angus
Boys Golf	8am	Cardinal GC	Tournament		Hood, Kuch
Cross Country	3:15pm - 5pm	BCSS	Practice		Arsenault, Tappenden

**Thursday Oct 1, 2009**

Team	Time	Location	Event	Notes	Coach
Sr. Girls Field Hockey	Lunch	Family Studies Room	Meeting		Angus
Jr. Girls Basketball	3:15pm - 5pm	Gym A	Practice		Callender, Lazier
Sr. Girls Basketball	3:15pm - 5pm	Gym C	Practice		Gram, Harild

Jr. Boys Football	3:15pm - 5pm	Back Field	Practice		Gouge, Velinor
Sr. Girls Field Hockey	2:30pm - 3:30pm	West Field	Game v. MIL		Palm
Jr. Boys Soccer	3pm - 4:15pm	Main Field	Game v. CCC		Fox, McQuillan
Sr. Boys Soccer	4:15pm - 5:30pm	Main Field	Game v. CCC		Fox, McQuillan
Jr. Boys Volleyball	3:15pm - 5pm	Gym A	Practice		Angus
Sr. Boys Volleyball	3:15pm - 5pm	Plyometric Room	Strength & Conditioning		Chapman, McCutcheon
Girls Golf	8:30am	Mill Run	Tournament	7:30am Dep	Hood, Kuch
Cross Country	All Day	Milne Park	Colts Classic	CC Meet	Arsenault, Tappenden

### Friday Oct 2, 2009

Team	Time	Location	Event	Notes	Coach
Jr. Girls Basketball	4pm	Gym A	Game v. STO		Callender, Lazier
Sr. Girls Basketball	5:15pm	Gym A	Game v. STO		Gram, Harild
Jr. Boys Football	7pm	Main Field	Game v. HUR		Gouge, Velinor
Sr. Girls Field Hockey	5pm	West Field	Game v. TBA		Palm
Jr. Boys Soccer	2pm	West Field	Game v. AC		Fox, McQuillan
Sr. Boys Soccer	3:30pm	West Field	Game v. AC		Fox, McQuillan
Jr. Boys Volleball	2:30pm	Gym B	Game v. Intersquad		Angus
Sr. Boys Volleyball	4pm	Gym B	Game v. SMC		McCutcheon

	Competitions
	Practice
	Event Hosting
	Meetings, Workshops, Seminars