

# July 2024

MONDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	No Practice	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	
7	8	9	10	11	12	13
	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45am ----- <b>League Meet</b> Lake Shore @ MIST 4:00pm - Warmups 5:00pm - Meet	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45am ----- <b>League Meet</b> MIST @ Girard 5:00pm - Warmups 5:30pm - Meet	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	
14	15	16	17	18	19	20
	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45am ----- <b>League Meet</b> Harborcreek @ MIST 4:00pm - Warmups 5:00pm - Meet	Summer Schedule E: 7:00-9:00 am C: 9:00-10:30 am T: 9:00-9:45 am D: 9:45-10:30 am	
21	22	23	24	25	26	27
	11&up: 7:30-9:00 am 10&uder: 9:00-9:45 am	11&up: 7:30-9:00 am 10&uder: 9:00-9:45 am	11 & up Practice: 7:30-9:00am ----- Championships 10 & under @ Behrend 3:00pm - warmups 5:00pm - meet	NO MORNING PRACTICE ----- Championships 11 & up @ Behrend 3:00pm - warmups 5:00pm - meet	FUN DAY PRACTICE ALL GROUPS: 8:00-9:00 am	
28	29	30	31	1	2	3
4	5	Notes				