



# July 2010

## Speed & Agility Training

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	2	3
4	5	6 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	7	8 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	9	10
11	12	13 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	14	15 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	16	17
18	19	20 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	21	22 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	23	24
25	26	27 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	28	29 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	30	31



# August 2010

## Speed & Agility Training

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	4	5 <b>No Training</b>	6	7
8	9	10 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	11	12 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	13	14
15	16	17 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	18	19 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	20	21
22	23	24 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	25	26 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School	27	28
29	30	31 <u>Mt Rainier</u> 6:30—Elem., Jr. High & High School				