



October 2009

Speed & Agility Training

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



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8	9 <u>Ridgecrest</u> 6:30—Elementary, Jr. High & High School	10	11 <u>Mount Rainier</u> 6:30—Elementary, Jr. High & High School	12	13 No Training	14
15	16 No Training	17	18 No Training	19	20 No Training	21
22	23 No Training	24	25 No Training	26	27 No Training	28
29	30 No Training					