

LHSC Practice Schedule

November 2009 **REVISED 11-03-09**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 North Aquatic Meet (NAC)	2 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	3 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	4 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	5 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	6 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	7
8	9 No Practice Due to H1N1 vaccinations At the High School	10 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	11 Dual Meet at Stagg HS 6P warm up Veterans Day 	12 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	13 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	14 LTHS Girls Sectional Meet at Lockport
15	16 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	17 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	18 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	19 Dual meet at Lincoln Way 6PM warm up	20 NO Practice Christmas Cross Roads	21 GILS MEET
22 HF Meet	23 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	24 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	25 Bronze 6P-6:45P Silver 6:45P-8P Gold 7:30P-9:15P	26 NO PRACTICE HAPPY THANKSGIVING!	27 NO PRACTICE CWC closed	28 Team Outing CHICAGO WOLVES 
29	30 Practice to be Determined due to H1N1 vaccinations At the High School	Lake Forest Entries Due on 11-30-09 To Lknowles@lths.org				