



Head Coach- Andy Cuthbertson

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(518) 356-8200 school

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Schenectady County Recreational Facility (SCRF)

5 Tower Road

Scotia, NY 12302

(518) 384-CHIL (384-2445)

(518) 384-0549 FAX

November

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|---|--------------------------|
| 1 | 2 Season Starts Practice 3:15-4:20 Dryland 4:30-5:15 | 3 Practice 3:15-4:20 Dryland 4:30-5:15 | 4 Practice 3:15-4:20 Dryland 4:30-5:15 | 5 Practice 3:15-4:20 Dryland 4:30-5:15 | 6 Team Dinner Practice 3:15-4:20 Dryland 4:30-5:15 | 7 Buck Mountain Trip |
| 8 | 9 Practice 3:15-4:20 Dryland 4:30-5:15 | 10 Practice 3:15-4:20 Dryland 4:30-5:15 | 11 Practice 3:15-4:20 Dryland 4:30-5:15 | 12 Practice 3:15-4:20 Dryland 4:30-5:15 | 13 Practice 3:15-4:20 Dryland 4:30-5:15 | 14 OFF |
| 15 | 16 Practice 3:15-4:20 | 17 Practice 3:15-4:20 Pictures | 18 HS Video/Lift | 19 Practice 3:15-4:20 | 20 Practice 3:15-4:20 Team Dinner | 21 @ RFA Scrimmage |
| 22 | 23 Practice 3:15-4:20 | 24 @ Glens Falls | 25 HS Video/Lift | 26 Thanksgiving OFF | 27 Practice 3:15-4:20 | 28 OFF |
| 29 | 30 | | | | | |

2009

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December

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|-----------------------------|--|-----------------------------|-----------------------------|
| 29 | 30 Practice 3:15-4:20 | 1 Practice 3:15-4:20 | 2 @ Saratoga | 3 HS Video/Lift | 4 @ CBA | 5 OFF |
| 6 | 7 Practice 3:15-4:20 | 8 Practice 3:15-4:20 | 9 Practice 3:15-4:20 | 10 Practice 3:15-4:20 | 11 @ Alex Bay Tourney | 12 @ Alex Bay Tourney |
| 13 | 14 HS Video/Lift | 15 Practice 3:15-4:20 | 16 Practice 3:15-4:20 | 17 Practice 3:15-4:20 | 18 Practice 3:15-4:20 | 19 @ BH/BL |
| 20 | 21 Practice 3:15-4:20 | 22 Nisky/Sch 4pm | 23 @ Lasalle (HVCC) | 24 XMAS BREAK OFF | 25 XMAS BREAK OFF | 26 OFF |
| 27 | 28 Morning Practice 8:30- 9:35am | 29 Morning Practice 7:30- 8:35am | 30 South Glens Falls | 31 Morning Practice 6:15- 7:20am | | |

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January

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------|-----------------------------|-----------------------------|-----------------------------|---|--|
| | | | | | 1 New Years Day OFF | 2 OFF |
| 3 | 4 HS Video/Lift | 5 Practice 3:15-4:20 | 6 Practice 3:15-4:20 | 7 Practice 3:15-4:20 | 8 Plattsburgh | 9 OFF |
| 10 | 11 HS Video/Lift | 12 Practice 3:15-4:20 | 13 Practice 3:15-4:20 | 14 Practice 3:15-4:20 | 15 Guilderland | 16 Franklin Academy River Rats Team Game 5:00 |
| 17 | 18 OFF | 19 Practice 4:15-5:30 | 20 Practice 3:15-4:20 | 21 Practice 3:15-4:20 | 22 @ Franklin Academy Tournament | 23 @ Franklin Academy Tournament |
| 24 | 25 HS Video/Lift | 26 Practice 3:15-4:20 | 27 @ Lasalle (HVCC) | 28 Practice 3:15-4:20 | 29 Queensbury | 30 OFF |

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February

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|--|---|---|---|
| | 1 HS Video/Lift | 2 Practice 3:15-4:20 | 3 Practice 3:15-4:20 | 4 Practice 3:15-4:20 | 5 @ Lake Placid Winter Carnival | 6 @ Lake Placid Winter Carnival |
| 7 | 8 Practice 3:15-4:20 | 9 Practice 3:15-4:20 | 10 SHEN | 11 @ South Glens Falls (Civic C) | 12 Practice 3:15-4:20 | 13 @Bethlehem |
| 14 | 15 BREAK Morning Practice: TBD | 16 WEEK Morning Practice: TBD | 17 BREAK Morning Practice: TBD | 18 WEEK | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | | | | | | |

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