

2009/10 Girls Water Polo Vacation Schedule

- Mon. Nov. 16th season officially begins.
- First official scrimmage: Trabuco Hills – Nov. 24th
- First official game: Costa Mesa- Dec. 1st

Thanksgiving Week: Nov. 23th - Nov. 28th

Varsity/JV = Mon-11/23-AM practice 8:00-11:00; PM practice 3:00-6:00
Tue- 11/24- AM practice 8:00-11:00; PM = Scrim. Trabuco@ ANHS 3:15
Wed- 11/25 AM practice 8:00-11:00; NO PM PRACTICE
Thurs- 11/26 **OFF**...eat lots of turkey
Fri- 11/27 **OFF**.... recover from eating lots of turkey
Sat-11/28AM practice 8:00-11:00; PM practice 3:00pm-6:00pm

Frosh/Soph = Mon- 11/23- AM practice 10:00-12:30
Tue-11/24- AM practice 10:00-12:30;PM = Scrim. Trabuco@ ANHS 3:15
Wed- 11/25 AM practice 10:00-12:30
Thurs- 11/26 **OFF**.... eat lots of turkey
Fri- 11/27 **OFF**... recover from eating lots of turkey
Sat-11/28 PM practice 1:00pm-4:00 pm

Winter Break:Dec. 20th-Jan.3th

Varsity = Dec. 20th-Dec. 27th **OFF ... relax, recover, get/stay healthy**

Mon 12/28- AM practice 8:00-11:00; PM practice 3:00-6:00
Tue 12/29-; AM practice 8:00-11:00; PM practice 3:00-6:00
Wed 12/30-; AM practice 8:00-11:00; PM practice 3:00-6:00
Thur 12/31 – AM practice 8:00-11:00; **NO PM PRACTICE**
Fri 1/1-; **NO AM PRACTICE**; PM practice 3:00-6:00
Sat 1/2- Am practice 8:00-11:00; PM practice 3:00-6:00

Frosh/Soph = Dec. 20th-Dec.27th **OFF ... relax, recover, get/stay healthy**

Mon 12/28- AM practice 10:00-12:00; PM practice 5:00-7:00
Tue12/29- AM practice 10:00-12:00; PM practice 5:00-7:00
Wed 12/30 – AM practice 10:00-12:00; PM practice 5:00-7:00
Thur 12/31- AM practice 10:00-12:00; **NO PM PRACTICE**
Fri 1/1- **NO AM PRACTICE**; PM practice 5:00-7:00
Sat 1/2- Am practice 10:00-12:00; PM practice 5:00-7:00