



HAMMERHEADS

# January 2010



HAMMERHEADS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>3 9-10:30 TR/R/B/SR 10:30-11:30 YHH/ WHITE 3:00-5:00 HFSC COACHES</p>	<p>4 5:45-7:15 TR/R/B/SR</p>	<p>5 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR 6:45-8:30 ADULT LAP</p>	<p>6 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR</p>	<p>7 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR</p>	<p>8 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 5:45-7:30 ADULT LAP</p>	<p>9 10:30-11:45 HFSC COACHES</p>
<p>10 9-10:30 TR/R/B/SR 10:30-11:30 YHH/ WHITE 3:00-5:00 HOLIDAY GATHERING</p>	<p>11 5:45-7:15 TR/R/B/SR</p>	<p>12 <b>NO PRACTICE DUAL MEET AT HF AGAINST NAC</b> 5:45 WARM UPS 6:30 MEET STARTS</p>	<p>13 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR</p>	<p>14 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR</p>	<p>15 <b>NO PRACTICE HFSC CHALLENGE MEET</b></p>	<p>16 <b>HFSC CHALLENGE MEET</b></p>
<p>17 <b>NO PRACTICE HFSC CHALLENGE MEET</b></p>	<p>18 5:45-7:15 TR/R/B/SR</p>	<p>19 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR 6:45-8:30 ADULT LAP</p>	<p>29 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR</p>	<p>21 <b>NO PRACTICE HS BOYS HOME MEET</b></p>	<p>22 5:45-7:30 TR/R/B/SR 7:30-8:30 YHH/WHITE 5:45-7:30 ADULT LAP</p>	<p>23 10:30-11:45 HFSC COACHES</p>
<p>24 9-10:30 TR/R/B/SR 10:30-11:30 YHH/ WHITE 3:00-5:00 HFSC COACHES</p>	<p>25 5:45-7:15 TR/R/B/SR</p>	<p>26 <b>NO PRACTICE HS BOYS HOME MEET</b></p>	<p>27 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR</p>	<p>28 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR</p>	<p>29 <b>TOPS MEET @ UIC</b> 5:45-7:30 TR/R/B/SR 7:30-8:30 YHH/WHITE 5:45-7:30 ADULT LAP</p>	<p>30 <b>TOPS MEET @ UIC</b></p>
<p>31 <b>NO PRACTICE TOPS MEET @ UIC</b> 3:00-5:00 HFSC COACHES</p>						