

CMA Winter Practice Schedule 2010

[starts Monday February 22, 2010]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National	7:30-9:30C	7:30-9:30C	7:30-9:30C	7:30-9:30C	4:00-6:00C		6:00-8:00C
Prenational	7:30-9:30C Dryland 6:30-7:15	7:30-9:30C 5:45-7:00am by appt. only	7:30-9:30C Dryland 6:30-7:15	7:30-9:30C 5:45-7:00am by appt. only	4:00-6:00C		6:00-8:00C
Senior	8:00-9:30C	8:00-9:30C	8:00-9:30C	8:00-9:30C	4:30-6:00C		
Gold	6:30-8:00C	6:30-8:00C	6:30-8:00C Dryland 5:30-6:15	6:30-8:00C	4:00-5:30C		
Silver+	6:30-8:00C	6:30-8:00C	6:30-8:00C	6:30-8:00C	5:00-6:00 SP		
Silver	4:00-5:00 C	4:00-5:00 C	4:00-5:00C	4:00-5:00 C	5:00-6:00SP		
Bronze	5:00-6:00SP	5:00-6:00SP	5:00-6:00SP	5:00-6:00SP	no practice		

Monday March 1, 2010 ALL CMA families and athletes - Dinner at South Portland Pool Senior Wing.....awards given for Bronze/8 & Under Champs and get pumped for State Championships!!! 6:00 - 8:00pm...details to follow.

There will be a few interruptions for MS meets at South Portland and Cape on Fridays. Stay tuned.....