

MCAL Practice Schedule

<u>Monday</u> <u>15</u>	<u>Tuesday</u> <u>16</u>	<u>Wednesday</u> <u>17</u>	<u>Thursday</u> <u>18</u>	<u>Friday</u> <u>19</u>	<u>Saturday</u> <u>20</u>	<u>Sunday</u>
Captains 6:30-8:30 AM	Captains 6:30-8:30 AM	Captains 8:00-10:00 AM	Captains 6:30-8:30 AM	Captains 6:30-8:30 AM	Captains 8:00-10:00 AM	
Lieutenants 7:15-8:30 AM	Lieutenants 7:15-8:30 AM	Lieutenants 8:45-10:00AM	Lieutenants 7:15-8:30 AM	Lieutenants 7:15-8:30 AM	Lieutenants 8:45-10:00 AM	
w/Coach Phil	W/Coach Cal and Phil	W/Coach Cal	W/Coach Phil	W/Coach Cal and Phil		
Dry-land Circuit 8:40- 9:10 AM	Run 8:40-9:10	Dry-land Circuit 8:40- 9:10 AM	Run 8:40-9:10			
Captains 6:00-7:30 PM		Captains 6:00-7:30 PM	Captains 6:00-7:30 PM			
Lieutenants 6:15-7:30PM		Lieutenants 6:15-7:30PM	Lieutenants 6:15-7:30PM			
Sergeants 6:30-7:25 PM		Sergeants 6:30-7:25 PM	Sergeants 6:30-7:25 PM			
w/Coach Cal		w/Coach Phil	w/Coach Phil			
Trussville Schedule						
Captains 6:45-8:45 AM		Captains 6:00-7:30 PM	Captains 6:45-8:45 AM			
Lieutenants 7:30-8:45 AM		Lieutenants 6:00-7:15 PM	Lieutenants 7:30-8:45 AM			
Sergeants 7:45-8:45AM		Sergeants 6:00-7:00PM	Sergeants 7:45-8:45AM			
w/ Coach Lisa and John Mark		w/Coach Lisa and John Mark	w/ Coach Lisa John Mark			