

OCTOBER 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 K-1: 4-4:45 pm White: 4:45-6pm Green: 5:30 -7 7pm	2 White, Green & Gold-Tumbling 5:30-6:30 pm	3 K-1: 10-11:30 pm White: 11:15- 12:45
4 Green: 10:30-1pm Gold: 1:15-4:30pm	5 Green: 5:30-7pm Gold: 7-8:30pm	6 K-1: 4-4:45pm White: 4:45-6pm Green: 5:30-7pm	7	8 K-1: 4-4:45pm White: 4:45-6pm Green: 5:30-7pm	9 White, Green & Gold-Tumbling 5:30-6:30 pm	10 K-1: 10-11:30 pm White: 11:15- 12:45
11 Green: 10:30-1pm Gold: 1:15-4:30pm	12 Green: 5:30-7pm Gold: 7-8:30pm	13 K-1: 4-4:45pm White: 4:45-6pm Green: 5:30-7pm	14	15 K-1: 4-4:45pm White: 4:45-6pm Green: 5:30-7pm	16 White, Green & Gold-Tumbling 5:30-6:30 pm	17 K-1: 10-11:30 pm White: 11:15- 12:45
18 Green: 10:30-1pm Gold: 1:15-4:30pm	19 Green: 5:30-7pm Gold: 7-8:30pm	20 K-1: 4-4:45pm White: 4:45-6pm Green: 5:30-7pm	21	22 K-1: 4-4:45pm White: 4:45-6pm Green: 5:30-7pm	23 White, Green & Gold-Tumbling 5:30-6:30 pm	24 K-1: 10-11:30 pm White: 11:15- 12:45
25 Green: 10:30-1pm Gold: 1:15-4:30pm	26 Green: 5:30-7pm Gold: 7-8:30pm	27 K-1: 4-4:45pm White: 4:45-6pm Green: 5:30-7pm	28	29 K-1: 4-4:45pm White: 4:45-6pm Green: 5:30-7pm	30 White, Green & Gold-Tumbling 5:30-6:30 pm	31 K-1: 10-11:30 pm White: 11:15- 12:45

PRACTICE & GAME LOCATIONS:

K-1 Practice—Wrestling Room
White—Wrestling Room
Green—Salt Brook
Gold—Salt Brook

Tackle Game Locations to Be
Announced

All Flag Games at Oakwood Park

NP PAL CHEER SCHEDULE