

*** REVISED** 6/28

July 2009

Christina 244-2744
Vivian (917) 501-8406

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00-8:15 am Pool 8:30-9:30 am Weights VB: 7:05 pm Game vs. SoCal @ Tesoro HS (d) 1	6:00-8:30 am Scrimmage Newport @ Newport No Night League 2	No Practice 3	No Practice No Games 4
No Games 5	7:00-8:00 am Weights 8:00-10:15 am Pool VA: 7:10 pm Game vs. Newport @ CDM (d) 6	No Practice F/S: 6:15 pm Game vs. Dana Hills @ Capo Valley HS (w) 7	6:00-8:15 am Pool 8:30-9:30 am Weights VB: 7:05 pm Game vs. Laguna Beach @ Tesoro HS (w) 8	6:00-8:15 am Scrimmage Newport @ Newport VA: 6:20 pm Game vs. Los Alamitos @ CDM (d) 9	6:00-8:15 am Pool 10	No Games 11
18U: CVAC Tournament @ Capo Valley HS 12	7:00-8:00 am Weights 8:00-10:15 am Pool VA: 8:00 pm Game vs. Commerce @ CDM (d) 8:50 pm Game vs. Laguna @ CDM (w) 13	No Practice F/S: 8:30 pm Game vs. CVAC @ Capo Valley HS (d) 14	6:00-8:15 am Scrimmage Newport @ CDM VB: 6:15 pm Game vs. North SD Stars @ Capo Valley HS (w) 15	7:00 -8:00 am Weights 8:00-10:15 am Pool VA: 6:20 pm Game vs. Santa Margarita @ CDM (d) 16	6:00-8:15 am Pool 18U: Calif. State HS Championships @ CDM 17	18U: Calif. State HS Championships @ CDM 16U: Northwood Tourney @ Northwood HS 18
18U: Calif. State HS Championships @ CDM 19	7:00-8:00 am Weights 8:00-10:15 am Pool VA: 7:10 pm Game vs. Commerce @ CDM (d) 20	No Practice F/S: 6:15 pm Game vs. North Shore @ Capo Valley HS (w) 21	6:00-8:15 am Scrimmage Newport @ CDM VB: 7:55 pm Game vs. Tesoro @ Tesoro HS (w) 22	7:00-8:00 am Weights 8:00-10:15 am Pool VA: 7:10 pm Game vs. SoCal @ CDM (w) 23	6:00-8:15 am Pool 18U: LMU Tourney @ LMU or Mira Costa HS 24	18U: LMU Tourney @ LMU or Mira Costa HS 16U: Beckman Tournament @ Beckman HS 25
18U: LMU Tourney @ LMU or Mira Costa HS 16U: Beckman Tournament @ Beckman HS 26	No Practice 27	7:00-9:30 am Pool 28	7:00-9:30 am Pool 16U: Depart for JO's 29	16U: Junior Olympics 18U: Off 30	16U: Junior Olympics 18U: Off 31	