



2009-2010 Practice Schedule

Senior National (9/14/09-6/22/10)

8 Workouts per Week

Evening Workouts

Days	Time	Location
Sunday	No Practice	
Mon - Thurs	4:30-6:30pm	MV
Friday	4:00-6:00pm	GW
Fri. Dec. 5- Jan. 30	5:15-6:30am	GW
Saturday	6:00-9:00am	GW

Senior National (9/22/09-6/21/10)

Morning Workouts

Days	Time	Location
Monday & Wednesday	5:15-6:30am	GW

Junior National (9/14/09-6/22/10) *Pick Any 4*

Days	Time	Location
Sunday	3:00-5:00pm	GW
Monday	7:00-8:30pm	Lee
Tuesday	5:30-7:00pm	MV
Wednesday	7:00-8:30pm	Lee
Thursday	5:30-7:00pm	MV
Friday	4:00-5:30pm	GW
Saturday	7:00-9:00am	GW

Age Group I (9/14/09-6/22/10) *Pick Any 4*

Days	Time	Location
Sunday	3:00-4:30pm	GW
Monday	7:00-8:30pm	Lee
Tuesday	5:00-6:30pm	GW
Wednesday	7:00-8:30pm	Lee
Thursday	5:00-6:30pm	GW
Friday	4:00-5:30pm	GW
Saturday	8:00-9:30am	GW

Age Group I (9/14/09-6/22/10)

Morning Workouts – *Space is Limited*

Days	Time	Location
Tuesday & Thursday	6:00-7:30am	SR

Age Group II (9/14/09-6/22/10) *Pick Any 4*

Days	Time	Location
Sunday	3:00-4:15pm	GW
Monday	7:15-8:30pm	Lee
Tuesday	5:00-6:15pm	GW
Wednesday	7:00-8:15pm	Lee
Thursday	5:00-6:15pm	GW
Friday	4:00-5:15pm	GW
Saturday	8:00-9:15am	GW

Age Group II (9/14/09-06/22/10)

Morning Workouts – *Space is Limited*

Days	Time	Location
Tuesday & Thursday	6:00-7:15am	SR

Age Group III (9/14/09-6/22/10) *Pick Any 3*

Days	Time	Location
Sunday	3:00-4:15pm	GW
Monday	7:15-8:30pm	Lee
Tuesday	6:00-7:15pm	GW
Wednesday	6:00-7:15pm	Lee
Thursday	6:00-7:15pm	GW
Friday	4:00-5:15pm	GW
Saturday	8:45-10:00am	GW

Age Group III (9/14/09-06/22/10)

Morning Workouts – *Space is Limited*

Pick Any 3 Days

Days	Time	Location
Monday - Friday	7:00-8:00am	SR



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Age Group IV (9/14/09-6/22/10) *Pick Any 3*

Days	Time	Location
Sunday	3:00-4:00pm	GW
Monday	7:30-8:30pm	Lee
Tuesday	6:00-7:00pm	GW
Tuesday	6:30-7:30pm	Lee
Wednesday	No Practice	
Thursday	6:00-7:00pm	GW
Friday	4:00-5:00pm	GW
Saturday	9:00-10:00am	GW

Age Group IV (9/14/09-06/22/10) Morning Workouts – *Space is Limited* *Pick Any 3 Days*

Days	Time	Location
Monday - Friday	7:00-8:00am	SR

Fall Prep (9/22/09-11/05/09) *Pick 1, 2, or 3*

Days	Time	Location
Tuesday - Thursday	4:00-5:00pm	GW

Spring Summer Prep (02/16/10-05/20/10) *Pick 1, 2 or 3*

Days	Time	Location
Tuesday - Thursday	4:00-5:00pm	GW

Special Program 1 Day a Week (09/25/09-05/21/10)

Days	Time	Location
Friday	4:00-5:00pm	GW

Shark School (9/21/09-5/28/10) *Pick 1, 2, or 3*

Days	Time	Location
Sunday	4:00-5:00pm	GW
Monday	2:00-3:00pm	MV
Monday	2:00-3:00pm	SR
Monday	7:00-8:00pm	GW
Tuesday	6:30-7:30pm	GW
Wednesday	5:30-6:30pm	Lee
Wednesday	7:00-8:00pm	GW
Thursday	6:30-7:30pm	GW
Friday	4:00-4:45pm	GW
Friday	4:45-5:30pm	GW
Saturday	9:00-10:00am	GW

Please Note:

- Morning practices, for all groups, are available at George Washington Recreation Center upon request, contact Coach Murray for scheduling options: (703) 627-4796

George Washington Rec Center (GW)
8426 Old Mt Vernon Road
Alexandria, VA 22309
703-780-8894

Mt Vernon Rec Center (MV)
2017 Belle View Blvd.
Alexandria, VA 22307
703-768-3224

Lee District Rec Center (Lee)
6601 Telegraph Road
Alexandria, VA 22310
703-922-9841

South Run Rec Center (SR)
7550 Reservation Drive
Springfield, VA 22153
703-866-0566