

Hilton Lacrosse Schedule December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 M-6pm vs. BHS JV-6pm vs. MCQ Need Mod Coverage	2 Workout 3:45-5:15	3
4	5 V-10pm vs. Eastridge Booster Club Meeting	6 Workout 3:45-5:15	7	8 M-8pm vs. Gates JV-9pm vs. Pink Flamingos	9 Workout 3:45-5:15	10
11	12 V-7pm vs. FCA	13 JV-8pm vs. Webster Workout 3:45-5:15	14	15 M-9pm vs. Gananda Blue Need Mod Coverage	16 Workout 3:45-5:15	17
18	19 V-10pm vs. Gates	20 JV-8pm vs. Victor Workout 3:45-5:15	21	22 M-7pm vs. Spencerport	23	24
25	26	27	28	29	30	31

No School Christmas Break

MAKE SURE TO CLEAR SCHEDULES IN JANUARY AND
FEBRUARY ON WEDNESDAYS FOR TSE PRACTICES.
MAKE SURE YOUR GRADES ARE WHERE THEY NEED
TO BE AND GET HELP.

Hilton Lacrosse Schedule January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Varsity TSE TBA	3 Workout 3:45-5:15	4 <i>TSE be there ready to go 3:45-5:00</i>	5	6 Workout 3:45-5:15	7
8	9 Varsity TSE TBA	10 Workout 3:45-5:15	11 <i>TSE be there ready to go 3:45-5:00</i>	12 Mod/JV TSE TBA	13 Workout 3:45-5:15	14
15	16 Varsity TSE TBA	17 Workout 3:45-5:15	18 <i>TSE be there ready to go 3:45-5:00</i>	19	20 Workout 3:45-5:15	21
22	23 Varsity TSE TBA	24 Workout 3:45-5:15	25 <i>TSE be there ready to go 3:45-5:00</i>	26	27 Workout 3:45-5:15	28
29	30	31 Workout 3:45-5:15				

MAKE SURE YOU ARE DOING CONDITIONING OUTSIDE OF REGULAR WORKOUTS 2 DAYS A WEEK. MAKE SURE YOUR GRADES ARE WHERE THEY NEED TO BE AND GET HELP.

Hilton Lacrosse Schedule February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>TSE be there ready to go 3:45-5:00</i>	2	3 Workout 3:45-5:15	4
5	6	7 Workout 3:45-5:15	8 <i>TSE be there ready to go 3:45-5:00</i>	9	10 Workout 3:45-5:15	11
12	13	14 Workout 3:45-5:15	15 <i>TSE be there ready to go 3:45-5:00</i>	16	17 Workout 3:45-5:15	18
19	20	21 No School	22 No School	23	24	25
26	27	28 Workout 3:45-5:15	29 February Break			

Mod/JV TSE TBA

Varsity TSE TBA

MAKE SURE TO NOTIFY WORK ABOUT LACROSSE STARTING ON 3/5. YOU ARE EXPECTED AT ALL PRACTICES. MAKE SURE YOUR GRADES ARE WHERE THEY NEED TO BE AND GET HELP.