

CP 2018/19 Pre-Season Practice Schedule

Time →	9 to 10		10 to 11		11 to 12		12 to 1		1 to 2		2 to 3		3 to 4	
Diamond → Date ↓	ONE ↓	TWO ↓	ONE ↓	TWO ↓	ONE ↓	TWO ↓	ONE ↓	TWO ↓	ONE ↓	TWO ↓	ONE ↓	TWO ↓	ONE ↓	TWO ↓
Sat Dec 22	AMS	Chips	Auto	Grille	Office	Cull'n	Beretta	French	Eagles	Hogue	All Fla	Kool	Old41	Pauls
Sun Dec 23	Quality	Whaley	Belles	Eagles	Dynmo	Blush	Stage	Accent	Chips	Auto	Grille	Office	Cull'n	Beretta
Mon Dec 24	French	Eagles	Hogue	Quality	Kool	Old41	Pauls	All Fla	Whaley	AMS	Christmas Eve – No Practices			
Tue Dec 25	Christmas Day - No Practices													
Wed Dec 26	Recovery Time				Dynmo	Belles	Eagles	Stage	Blush	Accent	AMS	Chips	Auto	Grille
Thur Dec 27	Office	Cull'n	Beretta	French	Eagles	Hogue	Quality	Kool	Old41	Pauls	All Fla	Whaley	Belles	Eagles
Fri Dec 28	Dynmo	Blush	Accent	Stage	Chips	Auto	Grille	Office	Cull'n	Beretta	French	Eagles	Hogue	Quality
Sat Dec 29	AMS	All Fla	Kool	Old41	Pauls	Whaley	Stage	Belles	Eagles	Dynmo	Blush	Accent	Anyone	
Sun Dec 30	Cull'n	French	Eagles	Hogue	Quality	Chips	Auto	Grille	Office	Beretta	AMS	All Fla	Kool	Old 41
Mon Dec 31	Blush	Eagles	Accent	Dynmo	Stage	Belles	Cull'n	French	Eagles	Hogue	Quality	Chips	Any	Any
Tue Jan 1	NO PRACTICE – NEW YEAR'S DAY (recovery time and Bowl games)													
Wed Jan 2	Auto	Grille	Office	All Fla	Kool	Beretta	AMS	Whaley	Old 41	Paul's	Stage	Belles	Blush	Eagles
Thur Jan 3	Accent	Dynmo	Whaley	Paul's	Quality	All Fla	French	Eagles	Chips	Cull'n	Hogue	Any	Any	Any
Fri Jan 4	ANNUAL MEETING													
Jan 5-6	FIELDS CLOSED FOR PREPARATION													

- Note: 1. Practices are only 1 hour in length so get on and off the field as quickly as possible.
 2. Warm up the arm and stretch before your practice begins.
 3. The players on the Men's Reserve list are free to practice with any team!
 4. Scrimmages with teams that have adjacent practice slots are encouraged.