

NWJRS/NWJRS ELITE Practice Schedule (Edmonds) -- April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 March PNQ (Spokane): 17EB/15EB Juanita HS: 7-10 PM 16EC/14EC/13HE 7-10: 14EB (SAQ)	29 Edmonds CC: 6 – 10 PM 6:00: 14EC/12EC 8:00: 16EC (17/15 Opt.)	30	31 Cedar Valley 6-9 PM 17 Elite / 15 Elite	1	2 Edmonds CC: 7-9 PM 7-9: 17EB/15EB/12EC Canyon Park JH: 6-8 PM 14 Eclipse / 13 Heat	3 17EB at Power League
4 Easter	5 Edmonds CC: 6-10 PM 6-8: 12EC/13HE/ [14EB & 14EC share] 8-10: 17EB/16EC/15EB	6 Coaches Meeting	7 Cedar Valley 8-10 PM 16 Eclipse / 14 Elite	8	9 Canyon Park: 5:30 – 9:30 5:30: 14 EC[12-13 share] 7:30: 17EB & 15 EB	10 14EB/14EC/13HE/12EC at Power League
11 15EB/16EC at Power League Juanita HS: 7-10 PM 7-9: 14EC/13HE/12EC 7-10: 17EB/14EB (SAQ)	12 Edmonds CC: 6-10 PM 6-8: 16EC/2EC 6-9: 14EB (w/ tutoring) 8-10: 17EB/15EB 9-10: PT one court	13	14 Cedar Valley 6-10 PM 6-7: PT one court 6-8: 14 Elite practice 7-8: 17EB /15EB Tutor 8-10:17EB/15EB Practice	15	16 Lone Star Classic: 17EB Edmonds CC: 6-8 PM 16EC/ 14EC/13HE	17 Lone Star Classic: 17EB Far Western:15/14 Elite
18 Lone Star : 17EB Far Western 15/14Elite Juanita HS: 7-9 PM 16EC/14EC/13HE	19 Far Western 15/14EB Edmonds CC: 6-10 PM 6-8 12EC/13HE/14EC 8-10: 17EB/16EC 8-10: PT one court	20	21 Cedar Valley 8-10 PM 15 Elite/ 14 Elite	22	23 Canyon Park: 5:30 – 9:30 5:30: 14 EB & 12EC 7:30: 17EB & 15 EB	24 U14 Regionals: 14 Elite & 14 Eclipse
25 U14 Regionals: 14 Elite & 14 Eclipse U12 Regionals: 12EC U13 Regionals: 13HE NW Jrs Tourney: 16EC Juanita HS: 7-10 PM 7-10: 17EB/15EB (SAQ) 7-8: PT one court	26 Edmonds CC: 6-8 PM 16EC/14EC/13HE	27	28 Cedar Valley 6-10 PM 6-8: 14EC /13HE 8-10: 16EC 8-10: PT one court Edmonds CC: 6-9 PM 17EB/15EB /14EB (SAQ)	29	30 Canyon Park: 5:30-7:30 14 Elite/PT one court	1 May U16 Regionals: 16EC U15 Regionals: 15EB

March						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Notes:
 PT=court available for Private Tutoring. See club website for details.
 SAQ= Speed, Agility, Quickness training for Elite Teams
[Cedar Valley Gym](#).19400 56th Ave W., Lynnwood
 Located by Edmonds Community College, near Wilcox Park (Flag Park) at the Cedar Valley Community School
[Canyon Park Junior High](#): 23723 23rd Avenue SE
 Bothell, WA 98021

May						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					