

# NWJRS/NWJRS ELITE Practice Schedule (Edmonds) -- March 2010

| Sunday                                                                                                                                                      | Monday                                                                                 | Tuesday                  | Wednesday                                                                                  | Thursday                                               | Friday                                                                                                                                                                                 | Saturday                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <b>28 February</b><br>Edmonds CC: 2-4 PM<br>16EC/14EC<br><br>CVJ: 12:30 – 2:30 PM<br>13HE/12EC<br><br>Juanita HS: 7-10 PM<br>17EB/15EB/14EB (SAQ)           | <b>1</b><br>Edmonds CC: 6-8 PM<br>14EB/14EC/12EC<br><br>CVJ: 8-10 PM<br>16EC/ET (OH/S) | <b>2</b> Coaches Meeting | <b>3</b><br>Edmonds CC: 7-9 PM<br>17EB/15EB/13HE                                           | <b>4</b>                                               | <b>5</b><br>Canyon Park JH: 6-8 PM<br>Elite Teams Tutor & SAQ                                                                                                                          | <b>6</b><br><u>15EB/16EC at Power League</u>                                                 |
| <b>7</b> 17EB/ 14EB/14EC<br><u>13HE/12EC at Power League</u><br><br>Juanita HS: 7-9:30 PM<br>16EC & 15EB                                                    | <b>8</b><br>Cedar Valley 6-8 PM<br>16 Eclipse/14 Eclipse                               | <b>9</b>                 | <b>10</b><br>Edmonds CC: 7-10 PM<br>17EB/15EB/14EB (SAQ)                                   | <b>11</b><br>Cedar Valley 6-8 PM<br>13 Heat/12 Eclipse | <b>12</b><br>Edmonds CC: 6-8 PM<br>17EB/14EB/12EC<br><br>Canyon Park JH: 6-8 PM<br>14 Eclipse/13 Heat                                                                                  | <b>13</b><br>Spring Classic:<br>16 Eclipse<br>15 Elite Black<br>14 Elite Black<br>12 Eclipse |
| <b>14</b> Spring Classic:<br><u>16EC, 15EB, 14EB, 12EC</u><br><br>Juanita HS: 7-10 PM<br>17EB (SAQ)<br><br>Cedar Valley: 12:30- 2:30<br>14 Eclipse/ 13 Heat | <b>15</b>                                                                              | <b>16</b>                | <b>17</b><br>Cedar Valley 6-10 PM<br>6:00: 13 Heat/12 Eclipse<br>8:00: 14 Elite/14 Eclipse | <b>18</b>                                              | <b>19</b><br>PNQ (Spokane):<br>14 Elite Black<br>14 Eclipse, 13 Heat<br><br>Edmonds CC: 6-9 PM<br>7-9: 12 Eclipse<br>7-10: 17EB/15EB (SAQ)<br><br>Canyon Park JH: 6-8 PM<br>16 Eclipse | <b>20</b><br>PNQ (Spokane):<br>14 Elite Black<br>14 Eclipse, 13 Heat                         |
| <b>21</b> PNQ (Spokane):<br><u>14EB/14EC/13HE</u><br>Domino's Tny: 17EB<br><br>Juanita HS: 7-9:30 PM<br>7-9: 12 Eclipse<br>7-9:30: 16EC/15EB                | <b>22</b>                                                                              | <b>23</b>                | <b>24</b><br>Cedar Valley 8-10 PM<br>17 Elite / 15 Elite                                   | <b>25</b>                                              | <b>26</b><br>PNQ (Spokane):<br>17 Elite Black<br>15 Elite Black<br><br>Edmonds CC: 6-8 PM<br>14EB/13HE/12EC<br><br>Canyon Park JH: 6-8 PM<br>16 Eclipse / 14 Eclipse                   | <b>27</b><br>PNQ (Spokane):<br>17 Elite Black<br>15 Elite Black                              |
| <b>28</b> PNQ (Spokane):<br><u>17EB/15EB</u><br><br>Juanita HS: 7-10 PM<br>16EC/14EC/13HE<br>7-10: 14EB (SAQ)                                               | <b>29</b><br>Edmonds CC: 6 – 10 PM<br>6:00: 14EB/14EC/12EC<br>8:00: 16EC (17/15 Opt.)  | <b>30</b>                | <b>31</b><br>Cedar Valley 6-9 PM<br>17 Elite / 15 Elite                                    | <b>1 April</b>                                         | <b>2 April</b><br>Edmonds CC: 7-9 PM<br>7-9: 17EB/15EB/12EC<br><br>Canyon Park JH: 6-8 PM<br>14 Eclipse / 13 Heat                                                                      | <b>3 April</b><br>17EB at Power League                                                       |

| February |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| 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       |    |    |    |    |    |    |

**Notes:**  
[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

| April |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| 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 |    |