

LEVEL 1 BLACK - February 2019

Coach: Lisa Hodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Joanne Malar Meet	28 6.00 – 7.30 pm Jimmy Thompson	29 6.30 – 8.00 pm Jimmy Thompson	30 6.00 – 7.00 pm PJ – Dryland Optional	31 6.30 – 8.00 pm Jimmy Thompson	1 OFF Regionals	2 OFF Regionals
3 OFF Regionals	4 6.00 – 7.30 pm Jimmy Thompson	5 6.30 – 8.00 pm Jimmy Thompson	6 6.00 – 7.00 pm PJ – Dryland Optional	7 6.30 – 8.00 pm Jimmy Thompson	8 OFF	9 OFF
10 OFF	11 6.00 – 7.30 pm Jimmy Thompson	12 6.30 – 8.00 pm Jimmy Thompson	13 6.00 – 7.00 pm PJ – Dryland Optional	14 6.30 – 8.00 pm Jimmy Thompson	15 OFF	16 Hammer
17 OFF	18 FAMILY DAY OFF	19 6.30 – 8.00 pm Jimmy Thompson	20 6.00 – 7.00 pm PJ – Dryland Optional	21 6.30 – 8.00 pm Jimmy Thompson	22 OFF	23 OFF
24 OFF	25 6.00 – 7.30 pm Jimmy Thompson	26 6.30 – 8.00 pm Jimmy Thompson	27 6.00 – 7.00 pm PJ – Dryland Optional	28 6.30 – 8.00 pm Jimmy Thompson	1 OFF	2 OFF