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| Oct |  |
|  | 2019 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Leadership 3-3:30  9th prac 2:45-4:30, lift 4:30-5:15pm  10th - V lift 3:30-4:15, prac 4:15-6pm | 9th A, then B 4:00 (bus 2:45)  10th/JV 5:30 (bus 4:15)  V 7pm **@ Roseville HS** | **9th B & A s/s 4:15 start (bus 2:55pm)**  10th/JV 5:30 (bus 4:15)  V 7pm **@ Irondale HS** | 9th/10th prac 2:45-4:30, lift 4:30-5:15pm  JV- V lift 3:30-4:15, prac 4:15-6pm | Host Soph Tournament  8:00am-5pm  \*JV & V work\*  16 teams |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | 9th/10th prac 2:45-4:30, lift 4:30-5:15pm  JV- V lift 3:30-4:15, prac 4:15-6pm | 9th A, then B 4:00  10th/JV 5:30  V 7pm **vs East Ridge**  **\*Youth/Dig Pink Event** | Leadership 3-3:30  9th/10th prac 2:45-4:30, lift 4:30-5:15pm  10th - V lift 3:30-4:15, prac 4:15-6pm | 9th B, then A 4:00 (bus 2:25)  10th/JV 5:30 (bus 3:45)  V 7pm **@ Park HS** | 9th/10th prac 2:45-4:30, lift 4:30-5:15pm  JV- V lift 3:30-4:15, prac 4:15-6pm | Junior Ranger Tournament  9am-1:30pm  \*soph’s work\* |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | 9th/10th prac 2:45-4:30, lift 4:30-5:15pm  JV- V lift 3:30-4:15, prac 4:15-6pm  **Booster Meeting 6pm @ FLHS** | 9th A, then B 4:00  10th/JV 5:30  V 7pm **vs White Bear**  **\*Senior Night/Dig Pink** | 9th / 10th turn in…?  Leadership 3-3:30  JV - V lift 3:30-4:15, prac 4:15-6pm | MEA  JV -practice tbd  **Varsity -Stillwater** scrimmage (time tbd) | MEA  V/JV Rochester Tournament  JV 430, 515,6,645pm  V 5:30pm & 7:30pm | V/JV Rochester Tournament  JV 9, 945,1030am  V 10am & 12pm |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | Varsity practice  Post season conference meeting | V practice 3:30-5:30pm  9th party 6pm (FLHS foyer) –pizza /pasta | Varsity practice  3:30-5:30pm | Varsity practice  3:30-5:30pm | **Section match** 7pm vs Chisago Lakes |  |
| 27 | 28 | 29 | 30 | 31 |  |  |
|  | Varsity practice  3:30-5:30pm | Section Semi-Final Match @ 7pm  FLHS vs Blaine | Varsity practice  3:30-5:30pm | Varsity practice  3:30-5:30pm |  |  |
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