

## January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> NO GYM TIME	<b>2</b> PHS: 6-7:15pm (JV Boys – Rich AND JV Boys - Larry) PHS: 7:15-8:30pm (Varsity Girls – Rich AND Frosh Girls – Jessica) PHS: 8:15-9:30pm (Varsity Boys – Mike)  SCB: 6-7:15pm (Soph Boys – Jon AND Frosh Boys - Nathan) SCB: 7:15-8:15pm (JV Boys – Nathan) SCB: 8:15-9:15pm  CMS #1: 7-8:30pm (Varsity Boys Small – Heather) CMS #2: 7-8:30pm (JV Girls – Brian) CMS - 8:30-10pm (High School)	<b>3</b> <del>PHS: 6-7pm</del> <del>PHS: 7-8pm</del> <del>PHS: 8-9:30pm</del>  SCB: 5:30-9pm – League Games	<b>4</b>

## January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>5</b></p> <p>SCB: 12-4pm – League Games</p> <p>HCPA: 12:30-9:30pm – League Games</p> <p>HCPA: 12:00-8:00pm Small Gym is free for practice</p>	<p><b>6</b></p> <p>PHS: 7:00-8:15pm (JV Boys – Larry AND OPEN) PHS: 8:15-9:30pm</p> <p><b>CANNOT START UNTIL 7:00pm at PHS</b></p> <p>SCB: 5:30-6:30pm (2<sup>nd</sup> grade clinic AND Frosh teams) SCB: 6:15-7:15pm (cheer) SCB: 7:15-8:15pm (Soph Boys – Jon AND Frosh Boys - Nathan) SCB: 8:15-9:15pm (JV Boys – Nathan)</p> <p>CMS #1: 7-8:30pm (Varsity Boys – John) CMS #2: 7-8:30pm (Varsity Boys Small – Mike) CMS - 8:30-10pm – (High School)</p>	<p><b>7</b></p> <p>PHS: 6-7:15pm PHS: 7:15-8:30pm (Soph Girls – Lou AND Varsity Boys Small – Heather) PHS: 8:30-9:30pm</p> <p>HCPA Small Gym: 5-6pm HCPA Small Gym: 6-7pm (JV Boys – Rich AND OPEN)</p> <p><b>CANNOT START UNTIL 7:15/7:30pm at PHS – game at 5:15 and can start when that is done</b></p>	<p><b>8</b></p> <p>PHS: 6-7pm – (2<sup>nd</sup> grade clinic AND Frosh teams) PHS: 7-8:15pm (Soph Girls – Cate AND Frosh Girls – Jessica) PHS: 8:15-9:30pm – (High School)</p> <p><b>CANNOT START UNTIL 8:00/8:15pm at PHS; wrestling match at 6pm and can start when that is done</b></p> <p>SCB: 5:30-6:45pm (cheer only)</p> <p>No practices from 7-8:30 for 6<sup>th</sup>-8<sup>th</sup> (CCD)</p>	<p><b>9</b></p> <p>PHS: 6-7:15pm (JV Boys – Rich AND JV Boys – Larry) PHS: 7:15-8:30pm (Varsity Girls – Rich AND JV Girls - Brian) PHS: 8:30-9:30pm</p> <p><b>CANNOT START UNTIL 7:15/7:30pm at PHS – game at 5:30pm and can start when that is done</b></p> <p>SCB: 6-7:15pm (Soph Boys – Jon AND Frosh Boys - Nathan) SCB: 7:15-8:15pm (JV Boys – Nathan) SCB: 8:15-9:15pm</p> <p>CMS #1: 7-8:30pm (Varsity Boys Small – Heather) CMS #2: 7-8:30pm (<del>Varsity Boys Small – Mike</del>) JV Boys – Larry CMS - 8:30-10pm – (High School)</p>	<p><b>10</b></p> <p>SCB: 5:30-6:45pm (Soph Girls – Cate) SCB: 6:45-8pm</p> <p><b>PHS NOT AVAILABLE DUE TO WRESTLING MATCH</b></p>	<p><b>11</b></p> <p>SCB: 9am-10:30am SCB: 10:30am-12pm SCB: 12pm-1:30pm (Frosh Girls – Jessica)</p>

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>12</b> SCB: 12-4pm – League Games</p> <p>HCPA: 12:30-9:30pm – League Games</p> <p>HCPA: 12:00-8:00pm Small Gym is free for practice</p> <p>HCPA Small Gym: 12:30 – 1:30pm (2<sup>nd</sup> grade clinic)</p> <p>HCPA Small Gym: 2:45 - 4:00pm (JV Boys – Rich)</p>	<p><b>13</b> PHS: 7:15-8:30pm (JV Boys – Larry AND JV Girls – Brian)</p> <p>PHS: 8:30-9:30pm</p> <p><b>CANNOT START UNTIL 7:15/7:30pm at PHS – game at 5:15 and can start when that is done</b></p> <p>HCPA Small Gym: 6-7pm (Varsity Girls – Rich AND OPEN)</p> <p>HCPA Small Gym: 7-8pm (JV Boys – Rich AND OPEN)</p> <p>SCB: 5:30-6:30pm (2<sup>nd</sup> grade clinic AND Frosh teams)</p> <p>SCB: 6:15-7:15pm (cheer)</p> <p>SCB: 7:15-8:15pm (Soph Boys – Jon AND Frosh Boys - Nathan)</p> <p>SCB: 8:15-9:15pm (JV Boys – Nathan)</p> <p>CMS #1: 7-8:30pm (Varsity Boys – John)</p> <p>CMS #2: 7-8:30pm (Varsity Boys Small – Mike) MOVED JV Boys – Nathan)</p> <p>CMS - 8:30-10pm (High School)</p>	<p><b>14</b> <del>PHS: 6-7:15pm (JV Boys – Rich AND Soph Girls – Lou)</del></p> <p><del>PHS: 7:15-8:30pm (Varsity Girls – Rich AND Varsity Boys Small – Heather)</del></p> <p><del>PHS: 8:30-9:30pm (High School)</del></p> <p><b>PHS NOT AVAILABLE DUE TO WRESTLING MATCH</b></p>	<p><b>15</b> <del>PHS: 6-7pm – (2<sup>nd</sup> grade clinic AND Frosh teams)</del></p> <p><del>PHS: 7-8:15pm (Soph Girls – Cate AND Frosh Girls – Jessica)</del></p> <p>PHS: 7-9pm (High School)</p> <p>SCB: 5:30-6:45pm (cheer only)</p> <p>No practices from 7-8:30 for 6<sup>th</sup>-8<sup>th</sup> (CCD)</p>	<p><b>16</b> PHS: 6-7:15pm (JV Boys – Rich AND JV Boys – Larry)</p> <p>PHS: 7:30-8:30pm (Varsity Girls – Rich AND Varsity Boys Small – Mike)</p> <p>PHS: 8:30-9:30pm</p> <p><b>CANNOT START UNTIL 7:30pm at PHS</b></p> <p>SCB: 6-7:15pm (Soph Boys – Jon AND Frosh Boys - Nathan)</p> <p>SCB: 7:15-8:15pm (<del>JV Boys – Nathan</del>)(JV Boys – Larry)</p> <p>SCB: 8:15-9:15pm</p> <p>CMS #1: 7-8:30pm (Varsity Boys Small – Heather)</p> <p>CMS #2: 7-8:30pm (JV Girls – Brian)</p> <p>CMS - 8:30-10pm – (High School)</p>	<p><b>17</b> SCB: 5:30-9pm – League Games</p> <p>HCPA Small Gym: 5-6pm</p> <p>HCPA Small Gym: 6-7pm (JV Boys – Rich AND OPEN)</p> <p>PHS: 8-9:30pm</p> <p><b>CANNOT START UNTIL 8pm at PHS; wrestling match at 6pm and can start when that is done</b></p>	<p><b>18</b></p>

## January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>19</b>                      HCPA: 12:30-9:30pm – League Games</p> <p>HCPA: 12:00-8:00pm                      Small Gym is free for practice</p> <p>HCPA Small Gym: 11:15am -12:30pm (JV Boys – Nathan)                      HCPA Small Gym: 12:30 – 1:30pm (2<sup>nd</sup> grade clinc)                      HCPA Small Gym: 12:30pm - 2pm (Frosh Boys – Nathan)</p>	<p><b>20</b>                      Martin Luther King Jr</p>	<p><b>21</b>                      HCPA Small Gym: 6-7pm                      HCPA Small Gym: 7-8pm</p> <p>PHS: 6-7:15pm (Soph Girls – Lou and OPEN)                      PHS: 7:15-8:30pm (OPEN AND Varsity Boys Small – Heather)                      PHS: 8:30-9:30pm (High School)</p>	<p><b>22</b>                      PHS: 6-7pm – (2<sup>nd</sup> grade clinc AND Frosh teams)                      PHS: 7-8:15pm (Soph Girls – Cate AND Frosh Girls – Jessica)                      PHS: 8:15-9:30pm – (High School)</p> <p><b>CANNOT START UNTIL 8:00/8:15pm at PHS; wrestling match at 6pm and can start when that is done</b></p> <p>HCPA Small Gym: 5-6pm (Frosh Girls – Jessica)                      HCPA Small Gym: 6-7pm (Soph Girls – Cate AND Frosh Girls – Jessica)</p> <p>SCB: 5:30-6:45pm (cheer only)</p> <p>No practices from 7-8:30 for 6<sup>th</sup>-8<sup>th</sup> (CCD)</p>	<p><b>23</b>                      PHS: 6-7:15pm (JV Boys – Rich AND JV Boys – Larry)                      PHS: 7:15-8:30pm (JV Boys – Larry AND JV Girls - Brian)                      PHS: 8:30-9:30pm</p> <p><b>CANNOT START UNTIL 7:15/7:30pm at PHS – game at 5:15 and can start when that is done</b></p> <p>HCPA Small Gym: 6-7pm (JV Boys – Rich AND OPEN)                      HCPA Small Gym: 7-8pm (Varsity Girls – Rich AND OPEN)</p> <p>SCB: 6-7:15pm (Soph Boys – Jon AND Frosh Boys - Nathan)                      SCB: 7:15-8:15pm (JV Boys – Nathan)                      SCB: 8:15-9:15pm</p> <p>CMS #1: 7-8:30pm (Varsity Boys Small – Heather)                      CMS #2: 7-8:30pm (Varsity Boys Small – Mike)                      CMS - 8:30-10pm – (High School)</p>	<p><b>24</b>                      PHS: 7:00-8:00pm                      PHS: 8:00-9:30pm</p> <p>SCB: 5:30-9pm – League Games</p> <p><b>CANNOT START UNTIL 7:00pm at PHS</b></p>	<p><b>25</b></p>

## January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>26</b></p> <p>HCPA: 12:30-9:30pm – League Games</p> <p>HCPA: 12:00-8:00pm Small Gym is free for practice</p> <p>Note: HCPA Boys team will be in the small gym from 10am-1pm</p> <p>HCPA Small Gym: 2:15-3:15pm (JV Boys – Rich)</p> <p>HCPA Small Gym: 4pm - 5:30pm (Frosh Boys – Nathan)</p>	<p><b>27</b></p> <p>PHS: 7:15-8:30pm (JV Boys – Larry AND JV Girls – Brian)</p> <p>PHS: 8-9:30pm</p> <p><b>CANNOT START UNTIL 7:15pm at PHS; wrestling match at 3:45pm and can start when that is done</b></p> <p>SCB: 5:30-6:30pm (2<sup>nd</sup> grade clinic AND Frosh teams)</p> <p>SCB: 6:15-7:15pm (cheer)</p> <p>SCB: 7:15-8:15pm (Soph Boys – Jon AND Frosh Boys - Nathan)</p> <p>SCB: 8:15-9:15pm (JV Boys – Nathan)</p> <p>CMS #1: 7-8:30pm (Varsity Boys – John)</p> <p>CMS #2: 7-8:30pm (Varsity Boys Small – Mike)</p> <p>CMS - 8:30-10pm (High School)</p>	<p><b>28</b></p> <p>PHS: 6-7:15pm (JV Boys – Rich AND Soph Girls – Lou)</p> <p>PHS: 7:30-8:30pm (Varsity Girls – Rich AND AND Soph Girls – Lou)</p> <p>PHS: 8:30-9:30pm</p> <p>HCPA Small Gym: 6-7pm (Soph Girls – Cate AND Frosh Girls – Jessica)</p> <p>HCPA Small Gym: 7-8pm (Frosh Girls – Jessica)</p> <p><b>CANNOT START UNTIL 7:30pm at PHS – game at 5:30pm and can start when that is done</b></p>	<p><b>29</b></p> <p>PHS: 6-7pm – (2<sup>nd</sup> grade clinic AND Frosh teams)</p> <p>PHS: 7-8:15pm (Soph Girls – Cate AND Frosh Girls – Jessica)</p> <p><del>PHS: 8:15-9:30pm – (High School)</del></p> <p><b>CANNOT START UNTIL 8pm at PHS; wrestling match at 6pm and can start when that is done</b></p> <p>SCB: 5:30-6:45pm (cheer only)</p> <p>No practices from 7-8:30 for 6<sup>th</sup>-8<sup>th</sup> (CCD)</p>	<p><b>30</b></p> <p>PHS: 6-7pm (JV Boys – Rich AND JV Boys – Larry)</p> <p>PHS: 7:15-8:15pm (JV Boys – Larry AND Varsity Boys Small – Mike)</p> <p>PHS: 8:15-9:30pm (JV Boys – Nathan)</p> <p><b>CANNOT START UNTIL 7:15/7:30pm at PHS – game at 5:15 and can start when that is done</b></p> <p>HCPA Small Gym: 6-7pm (JV Boys – Rich AND <b>OPEN</b>)</p> <p>HCPA Small Gym: 7-8pm (Varsity Girls – Rich AND <b>OPEN</b>)</p> <p>CMS #1: 7-8:30pm (<del>Varsity Boys Small – Heather</del>) (Soph Boys – Jon AND Frosh Boys – Nathan)</p> <p>CMS #2: 7-8:30pm (JV Girls – Brian)</p> <p>CMS - 8:30-10pm – (High School)</p>	<p><b>31</b></p> <p>PHS: 7:15-8:15pm – (Frosh Boys – Nathan scrimmage)</p> <p>PHS: 8:15-9:30pm (JV Boys – Nathan Scrimmage)</p> <p><b>CANNOT START UNTIL 7:15/7:30pm at PHS – game at 5:15 and can start when that is done</b></p>	

## January 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

**CSS – Charles Street School, 100 West**

**Charles Street, Palmyra use address 104 W Henry Street, Palmyra, NJ 08065 to get exactly to the gym entrance**

**SCB – St. Charles Borromeo, Cinnaminson**

**HCPA – Holy Cross Prep Academy, Delran**

**CMS – Cinnaminson Middle School, Forklanding Rd, Cinnaminson**

**PHS – Palmyra High School, Door 11, 311 Fifth Street, Palmyra, NJ 08065 (use door 11 which is on fourth street behind the school across from the parking lot)**