



2009 – 10 CALENDAR

EVALUATION DAY

Saturday, October 17, 2009

- 09:00 am – 10:30 am: 1st/2nd Boys & Girls
- 10:30 am – 12:00 pm: 3rd/4th Boys & Girls
- 12:00 pm – 01:30 pm: 5th/6th Boys & Girls
- 01:30 pm – 02:30 pm: Make-Up, All Grades Boys & Girls

COACHES & REFEREES (COMBINED) TRAINING CLINICS (**for coaches and refs only**)

IMPORTANT: Please **ATTEND one** of the following sessions:

Session 1: *Thursday, Nov. 12, 2009, 6:30 - 8:30 pm, in the gym (B15)*

Session 2: *Tuesday, Nov. 17, 2009, 6:30 - 8:30 pm, in the gym (B15)*

Note: *It is important that you attend one of the sessions. We will be going over rules unique to Upward, the substitution system, and other pertinent info. Food/drink provided.*

PRACTICES

- Practices begin the week of *November 30th, 2009 (your coach will contact you).*
- There will be NO practices the week of *Dec. 21st*. Practices during the week of *Dec. 28th* are to be determined.
- Regular practices start again the week of *Jan. 4th, 2010.*
- There will be NO games on Saturday *Feb. 13* (Presidents Weekend).
- Your team's practice will be on a weeknight (one night out of the week; day/time will be given to the coach in the near future). Practice times are either *6 - 7 or 7 - 8pm.*

REGULAR SEASON

Saturday, January 9, 2010	Game 1
Saturday, January 16, 2010	Game 2
Saturday, January 23, 2010	Game 3 and PICTURE DAY !
Saturday, January 30, 2010	Game 4
Saturday, February 6, 2010	Game 5
Saturday, February <u>20</u> , 2010	Game 6 (NOTE: NO games on <u>2/13</u>)
Saturday, February 27, 2010	Game 7
Saturday, March 6, 2010	Game 8
Sunday, March 7, 2010	AWARDS NIGHT !