



2010 – 11 CALENDAR

EVALUATION DAY

Saturday, October 9, 2010

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: *Tuesday, Nov. 9, 2010, 6:30 - 8:30 pm, in the gym (B15)*

Session 2: *Saturday, Nov. 13, 2010, 10:00 am - 12 noon, 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 29th, 2010 (your coach will contact you)*.
- There will be NO practices the week of *Dec. 20th*. Practices during the week of *Dec. 27th* are to be determined.
- Regular practices start again the week of *Jan. 3rd, 2011*.
- There will be NO games on Saturday *Feb. 19* (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

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| Saturday, January 8, 2011 | Game 1 |
| Saturday, January 15, 2011 | Game 2 |
| Saturday, January 22, 2011 | Game 3 and PICTURE DAY ! |
| Saturday, January 29, 2011 | Game 4 |
| Saturday, February 5, 2011 | Game 5 |
| Saturday, February 12, 2011 | Game 6 |
| Saturday, February 26 , 2011 | Game 7 (NOTE: NO games on 2/19) |
| Saturday, March 5, 2011 | Game 8 |
| Sunday, March 6, 2011 | AWARDS NIGHT ! |