



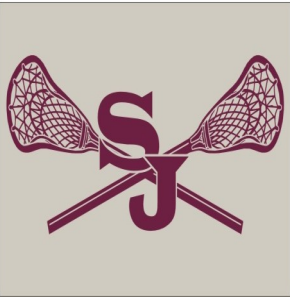
December 2011



SJHS BOYS LACROSSE

www.sjraiderslax.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29 SNF 2:45 - 4:15pm	30	1 Lifting / Conditioning 2 - 4pm	2 Lifting / Conditioning 2 - 4pm	3
4	5	6 SNF 2:45 - 4:15pm	7	8 Lifting / Conditioning 2 - 4pm	9 Lifting / Conditioning 2 - 4pm	10
11	12	13 SNF 2:45 - 4:15pm	14	15 Lifting / Conditioning 2 - 4pm	16 Lifting / Conditioning 2 - 4pm	17
18	19	20 SNF 2:45 - 4:15pm	21	22 (half day)	23 (no school)	24
25 Holiday Break	26	27	28	29	30	31



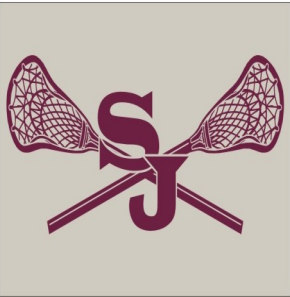
January 2012

RAIDERS
LACROSSE

SJHS BOYS LACROSSE

www.sjraiderslax.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 SNF 2:45 - 4:15pm	4	5 Lifting / Conditioning 2 - 4pm	6 Lifting / Conditioning 2 - 4pm	7
8	9	10 SNF 2:45 - 4:15pm	11	12 Lifting / Conditioning 2 - 4pm	13 Lifting / Conditioning 2 - 4pm	14
15	16	17 SNF 2:45 - 4:15pm	18	19 Lifting / Conditioning 2 - 4pm	20 Lifting / Conditioning 2 - 4pm	21
22	23	24 SNF 2:45 - 4:15pm	25	26 Lifting / Conditioning 2 - 4pm	27 Lifting / Conditioning 2 - 4pm	28
29	30	31 SNF 2:45 - 4:15pm				



February 2012



SJHS BOYS LACROSSE

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2 Lifting / Conditioning 2 - 4pm	3 Lifting / Conditioning 2 - 4pm	4
5	6	7 SNF 2:45 - 4:15pm	8	9 Lifting / Conditioning 2 - 4pm	10 Lifting / Conditioning 2 - 4pm	11
12	13	14 SNF 2:45 - 4:15pm	15	16 Lifting / Conditioning 2 - 4pm	17 Lifting / Conditioning 2 - 4pm	18
19	20 Try-outs	21 Try-outs	22 Try-outs	23	24	25
26	27	28	29			