

**Cutting Edge IceStars
Practice Schedule 2009-2010**

Team	Beginner 1	Beginner 2	Pre Juvenile
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Summer Sundays			
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July 12, 2009 - August 23, 2009			
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Floor	NA	3:30-4:00 pm	4:00-4:30 pm
Ice	NA	4:15-5:15 pm	4:45-5:45 pm
Off ice strength & conditioning		5:30-6:15 pm	6:00-6:45 pm

Summer Weekdays			
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Mondays, August 3 - August 17, 2009			
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Floor	5:30-6 pm	NA	NA
Ice	6:15-7 pm	NA	NA

Tuesdays, July 14 - August 18, 2009			
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Ice	NA	6:30-7:30 pm	6:30-7:30 pm
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Fall Sundays			
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August 30, 2009 - February 21, 2010			
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Floor	NA	3:15-3:45 pm	3:45-4:15 pm
Ice	NA	4:00-5:00 pm	4:30-5:30 pm
Off ice strength & conditioning		5:15-6:00 pm	5:45-6:30 pm

Fall Wednesdays			
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Wednesdays, August 26, 2009 - February 24, 2010			
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Floor	4:45-5:15 pm	NA	NA
Ice	5:30-6:15 pm	6:30-7:30 pm	6:30-7:30 pm

NO PRACTICE

September 6, 2009 - Labor Day

October 25, 2009 - Halloween (Trick-or-Treat)

November 22, 2009 - Kalamazoo, MI Competition Weekend

December 6, 2009 - Ann Arbor, MI Competition Weekend

December 27, 2009 - Christmas / New Years

January 10, 2010 - Fond Du Lac, WI Competition Weekend

January 31, 2010 - Sectional Synchro Championships Competition Weekend

February 14, 2010 - Beaver Dam, WI Competition Weekend

SPECIAL PRACTICES

Before all competitions - Weekday practice ice will be shared by all teams competing

Spring Ice Show Practices

(2) Sunday afternoons in May prior to the show