

## **TEAM BC June 2010**

VAC 9:45 am-2pm, **Sat June 12** (9:45-10 stretch & meeting, 10-1 water, 1-2 run)

Bur Cent Park 9:00 am-12 noon, **Sun June 13** (9-10 meeting, stretch, run, 10-12 water)

CCAC 7:00 pm-10 pm, **Wed June 16** (stretch & run 7-8 pm, 8-10 pm water)

VAC 8:00 pm-11 pm, **Fri June 18** (*stretch & run 8-9 pm, 9-11 pm water*)

VAC 9:45 am-2pm, **Sat June 19** (9:45-10 stretch & meeting, 10-1 water, 1-2 run)

***No practice Sun June 20—Happy Father's Day!***

CCAC 7:00 pm-10 pm, **Wed June 23** (stretch & run 7-8 pm, 8-10 pm water)

VAC 8:00 pm-11 pm, **Fri June 25** (*stretch & run 8-9 pm, 9-11 pm water*)

***No practice Sat June 26***

CCAC 7:00 pm-10 pm, **Wed June 30** (stretch & run 7-8 pm, 8-10 pm water)