

VPW High Performance
September 2011 Schedule

Teams have the same schedule until the week of September 26th.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 Labour Day	6 VAC PM HP 5-8 pm	7	8 VAC PM HP 5-8 pm	9 VAC a.m. HP 5:30-8:00am	
11 UBC HP6:30-11:30 am	12 VAC a.m. Extra Routines HP 6:00-9:00am Hillcrest HP 4-8 pm	13 VAC PM HP 5-8 pm	14 VAC a.m. Extra Routines Club X HP 6:00-9:00am	15 VAC PM HP 5-8 pm	16 VAC a.m. HP 5:30-8:00am	
18 UBC HP6:30-11:30am	19 VAC a.m. Extra Routines HP 6:00-9:00am Hillcrest HP 4-8 pm	20 VAC PM HP 5-8 pm	21 VAC a.m. Extra Routines Club X HP 6:00-9:00am	22 VAC PM HP 5-8 pm	23 VAC a.m. HP 5:30-8:00am	24
25 UBC HP6:30-11:30am	26 VAC a.m. Extra Routines Extra 6:00-9:00am Hillcrest HP 4-8 pm 13-15 4-8pm	27 Watermania HP 5-9:30 pm 13-15 6:00-9:30pm	28 VAC a.m. Extra Routines Club X Extra 6:00-9:00am Watermania HP 7-9:30 pm 13-15 6:00-9:30	29 Watermania HP 6-9:30 pm 13-15 NO PRACTICE	30 VAC a.m. HP 5:30-8:00am 13-15 5:30-8:00am	01