



DST FALL 2009 PRACTICE SCHEDULE

REVISED 11/2/09

SENIOR PROGRAM

BEGINS MONDAY NOVEMBER 16, 2009

| GROUP | LOCATION | SAT. | SUN. | MON. | TUES. | WED. | THURS. | FRI. |
|---|----------------------|-----------------|------|-------------|-------------|-------------|-------------|-------------|
| NATIONALS* Season begins 9/8/2009 | DSFC NC am | 7:00-10:00am | TBA | 5:30-7:00am | | | | 5:30-7:00am |
| | DSFC PC am | | | | | 5:30-7:00am | | |
| | DSFC NC pm | | | 3:30-6:00pm | 3:30-6:30pm | 3:30-6:30pm | 3:30-6:30pm | 3:30-6:00pm |
| SENIOR BLUE* | DSFC NC am | | | 5:30-7:00am | | | | 5:30-7:00am |
| | DSFC PC am | | | | | 5:30-7:00am | | |
| | DSFC PC pm | | | | | | | 3:30-6:00pm |
| | PS DUPONT UD CIP | 7:00-10:00am | | | 4:30-7:00pm | 5:15-7:30pm | | 5:15-7:30pm |
| SENIOR GREEN* | DSFC NC am | 10:00am-12:30pm | | 5:30-7:00am | | | | 5:30-7:00am |
| | DSFC PC am | | | | | 5:30-7:00am | | |
| | DSFC PC pm | | | 3:30-6:00pm | | 3:30-6:00pm | | |
| | DSFC NC pm UD CIP | | | | 5:30-8:00pm | | 5:30-8:00pm | |

* Includes Dryland



DST AGE GROUP "DAWGS"

BEGINS MONDAY NOVEMBER 16, 2009



| GROUP | LOCATION | SAT. | SUN. | MON. | TUES. | WED. | THURS. | FRI. |
|---------------|----------------------|-----------------|--------------|---------------|-------------|-------------|---------------|-------------|
| SUPER* | DSFC NC | 10:00am-12:00pm | | 4:00-6:00pm | 6:00-8:00pm | | 6:00-8:00pm | 4:00-6:00pm |
| | DSFC PC | 3:00pm-5:00pm | | 6:30-8:30pm | 6:00-8:00pm | 6:30-8:30pm | 6:00-8:00pm | 6:30-8:30pm |
| | UD CIP | | 12:00-2:00pm | at Pike Creek | 5:00-7:00pm | 5:00-7:00pm | at Pike Creek | 5:00-7:00pm |
| | PS DUPONT CONCORD | | | 6:00-8:00pm | 6:00-8:00pm | 6:00-8:00pm | 6:00-8:00pm | 5:30-7:30pm |
| MIGHTY | DSFC NC | | | 6:00-7:30pm | | 6:00-7:30pm | 7:00-8:30pm | |
| | DSFC PC | | | 5:15-6:45pm | 5:00-6:30pm | 5:00-6:30pm | | 5:00-6:30pm |
| | UD CIP | 10:30am-12:00pm | | | 5:30-7:00pm | | 5:30-7:00pm | 5:30-7:00pm |
| | PS DUPONT CONCORD | | | 3:00-4:30pm | 5:30-7:00pm | 6:30-8:00pm | 5:30-7:00pm | 6:30-8:00pm |
| WONDER | DSFC NC | | | 6:00-7:15pm | 7:00-8:15pm | 6:00-7:15pm | | |
| | DSFC PC | | | 4:00-5:15pm | 5:00-6:15pm | 5:00-6:15pm | | 5:00-6:15pm |
| | UD CIP | 10:30am-12:00pm | | 5:45-7:00pm | | 5:45-7:00pm | 5:45-7:00pm | |
| | PS DUPONT CONCORD | | | 3:00-4:15pm | 5:30-6:45pm | 6:30-7:45pm | 5:30-6:45pm | 6:30-7:45pm |
| PUPS | DSFC NC | | | 6:00-7:00pm | 6:00-7:00pm | | 6:00-7:00pm | |
| | DSFC PC | | | 4:00-5:00pm | 5:00-6:00pm | | 5:00-6:00pm | |
| | UD CIP | 10:30-11:30am | | | | | | |
| | PS DUPONT | | | 5:30-6:30pm | | 5:30-6:30pm | | 5:30-6:30pm |
| | NEWARK SC CONCORD | | | 5:30-6:30pm | | 5:30-6:30pm | 6:30-7:30pm | 5:30-6:30pm |

* Includes Dryland

SEE MONTHLY CALENDAR FOR SATURDAY MORNING TEAM RUNS

