

# JANUARY 2024

# EASTSIDE PRACTICE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 No Practice	1 New Years <b>[No Practice]</b>	2 <b>RJH: 5:30-9:30pm</b> 5:30: 12UAB/15UAN 7:30: 18UAB/18UAG <b>ECS: 6:30-10pm</b> 6:30: 14UAB/14UAN 8:15: 16UAN/16UAG <b>STS: 6-8pm: 13UAB</b>	3 <b>ECS: 6:30-10pm</b> 6:30: 12UAG/13UAG 8:15: 15UAG/14UAG <b>STS: 6-8pm: 17UAB</b>	4 <b>RJH: 5:30-9:30pm</b> 5:30: 12UAB/12UAG 7:30: 15UAB/16UAB <b>STS: 6-8pm: 13UAB</b>	5 <b>BC 7:30-9:30pm</b> <u>16UAB/18UAG/18UAB</u> <b>RJH: 5:30-9:30pm</b> 5:30: 14UAG/14UAB 7:30: 16UAG/17UAB <b>ECS: 6:30-10pm</b> 6:30: 13UAN/13UAG 8:15: 15UAG/15UAB	6 <b>PL: U12 Seeding Day</b> 12UAB/12UAG
7 <b>PL: U14 Seeding Day</b> 14UAB/14UAG/14UAN 13UAB/13UAG/13UAN	8 <b>BC 7:30-9:30pm</b> <u>16UAB/18UAG/18UAB</u> <b>ECS: 6:30-10pm</b> 6:30: 12UAG/13UAN 8:15: 15UAG	9 <b>RJH: 5:30-9:30pm</b> 5:30: 14UAB/15UAB 7:30: 16UAN/17UAB <b>ECS: 6:30-10pm</b> 6:30: 13UAG/14UAG 8:15: 15UAN <b>STS: 6-8pm: 13UAB</b> <b>NHE: 5:30-7:30pm:</b> 12UAB	10 <b>BC 5:30-9:30pm</b> 5:30: 13UAN/14UAN/14UAG 7:30: <u>15UAG/16UAG/16UAB</u> <b>ECS: 6:30-10pm</b> 6:30: 12UAG/13UAG 8:15: 15UAB <b>STS: 6-8pm: 17UAB</b>	11 <b>RJH: 5:30-9:30pm</b> 5:30: 12UAB/15UAN 7:30: 18UAG/18UAB <b>STS: 6-8pm: 13UAB</b>	12 <b>RJH: 5:30-9:30pm</b> 5:30: 14UAB/14UAN 7:30: 16UAN/16UAG	13 <b>Oregon MHM:</b> 18UAB/17UAB 16UAB/15UAB <b>NW MLK Tournament</b> 14UAB/13UAB/16UAN 15UAN/16UAG/15UAG 14UAG/13UAG
14 <b>Oregon MHM:</b> 18UAB/17UAB 16UAB/15UAB <b>NW MLK Tournament</b> 14UAB/13UAB/16UAN 15UAN/16UAG/15UAG 14UAG/13UAG (2-days) 18UAG/12UAB/12UAG	15 <b>Oregon MHM:</b> 18UAB/17UAB 16UAB/15UAB <b>NW MLK Tournament</b> 14UAB/13UAB/16UAN 15UAN/16UAG/15UAG 14UAG/13UAG (2-days) 18UAG/12UAB/12UAG	16 <b>RJH: 5:30-9:30pm</b> 5:30: 13UAG/15UAB 7:30: 17UAB/18UAG <b>ECS: 6:30-10pm</b> 6:30: 14UAB/13UAN 8:15: 16UAN <b>STS: 6-8pm: 13UAB</b> <b>NHE: 5:30-7:30pm:</b> 12UAB	17 <b>BC 5:30-9:30pm</b> 5:30: 14UAN/14UAG/15UAN 7:30: <u>16UAG/16UAB/18UAB</u> <b>ECS: 6:30-8:30pm</b> 6:30: 12UAG/13UAG 8:15: 15UAG <b>STS: 6-8pm: 17UAB</b>	18 <b>RJH: 5:30-9:30pm</b> 5:30: 12UAB/15UAN 7:30: 18UAG/18UAB <b>STS: 6-8pm: 13UAB</b>	19 <b>BC 7:30-9:30pm</b> <u>15UAG/16UAB/15UAB</u> <b>RJH: 5:30-9:30pm</b> 5:30: 14UAB/14UAN 7:30: 16UAN/16UAG <b>ECS: 6:30-8:30pm</b> 6:30: 12UAG/13UAN 8:15: 14UAG	20 <b>PL: U18 Seeding Day</b> 18UAB/18UAG/17UAB
21 <b>PL: 15/16 Seeding Day</b> 16UAB/16UAG/16UAN 15UAB/15UAG/15UAN	22 <b>BC 7:30-9:30pm</b> <u>16UAB/18UAG/18UAB</u> <b>ECS: 6:30-10pm</b> 6:30: 12UAG/13UAN 8:15: 15UAG	23 <b>RJH: 5:30-9:30pm</b> 5:30: 14UAB/15UAB 7:30: 16UAN/17UAB <b>ECS: 6:30-10pm</b> 6:30: 13UAG/14UAN 8:15: 15UAN/16UAG <b>STS: 6-8pm: 13UAB</b> <b>NHE: 5:30-7:30pm:</b> 12UAB	24 <b>ECS: 6:30-8:30pm</b> 6:30: 12UAG/14UAG <b>STS: 6-8pm: 13UAN</b>	25 <b>RJH: 5:30-9:30pm</b> 5:30: 12UAB/15UAN 7:30: 18UAG/18UAB <b>STS: 6-8pm: 13UAB</b>	26 <b>BC 7:30-9:30pm</b> <u>15UAG/15UAB/17UAB</u> <b>RJH: 5:30-9:30pm</b> 5:30: 13UAG/14UAN 7:30: 16UAG/16UAB <b>ECS: 6:30-10pm</b> 6:30: 14UAB/14UAG 8:15: 16UAN	27 <b>PL #1: U12</b> 12UAB/12UAG
28 <b>PL#1: U14</b> 14UAB/14UAG/14UAN 13UAB/13UAG/13UAN	29 <b>BC 7:30-9:30pm</b> <u>16UAB/18UAG/18UAB</u> <b>ECS: 6:30-10pm</b> 6:30: 12UAG/13UAN 8:15: 14UAG/15UAG	30 <b>RJH: 5:30-9:30pm</b> 5:30: 13UAG/15UAB 7:30: 16UAB/17UAB <b>ECS: 6:30-10pm</b> 6:30: 14UAB/14UAN 8:15: 16UAN/16UAG <b>STS: 6-8pm: 13UAB</b> <b>NHE: 5:30-7:30pm:</b> 12UAB	31 <b>ECS: 6:30-10pm</b> 6:30: 13UAG/14UAG 8:15: 15UAN/16UAB <b>STS: 6-8pm: 17UAB</b>			