

**Mount Sinai Lacrosse**

2009-2010 Winter School Gym Practice Schedule

**Elementary School ( back gymnasium)**

Thursday - 5:00-9:00p.m.	5:00-6:00		6:00-7:00		7:00-8:00		8:00-9:00	
11/05/09	Girls	K-2nd	Boys	K/1st	Girls	3rd/4th	Boys	3rd
11/12/09	Girls	K-2nd	Boys	2nd	Girls	3rd/4th	Boys	4th
11/19/09	Girls	K-2nd	Boys	K/1st	Girls	3rd/4th	Boys	3rd
11/26/09	School Closed							
12/03/09	Girls	K-2nd	Boys	2nd	Girls	3rd/4th	Boys	4th
12/10/09	Girls	K-2nd	Boys	K/1st	Girls	3rd/4th	Boys	3rd
12/17/09	Girls	K-2nd	Boys	2nd	Girls	3rd/4th	Boys	4th
12/24/09	School Closed							
12/31/09	School Closed							

January - March 2010 Practice Schedule  
 dates to follow once they are available

**Middle School**

Friday - 6:15-10:15 p.m.	6:15-7:15		7:15-8:15		8:15-9:15		9:15-10:15	
11/06/09	Girls	5th/6th	Girls	7th/8th	Boys	5th	Boys	7th/8th
11/13/09	Girls	5th/6th	Girls	7th/8th	Boys	6th	Boys	7th/8th
11/20/09	Gym Unavailable							
11/27/09	School Closed							
12/04/09	Girls	5th/6th	Girls	7th/8th	Boys	5th	Boys	7th/8th
12/11/09	Girls	5th/6th	Girls	7th/8th	Boys	6th	Boys	7th/8th
12/18/09	Girls	5th/6th	Girls	7th/8th	Boys	5th	Boys	7th/8th
12/25/09	School Closed							
01/01/10	School Closed							
01/08/10	Girls	5th/6th	Girls	7th/8th	Boys	6th	Boys	7th/8th
01/15/10	Girls	5th/6th	Girls	7th/8th	Boys	5th	Boys	7th/8th
01/22/10	Gym Unavailable							
01/29/10	Girls	5th/6th	Girls	7th/8th	Boys	6th	Boys	7th/8th
02/05/10	Girls	5th/6th	Girls	7th/8th	Boys	5th	Boys	7th/8th
02/12/10	Girls	5th/6th	Girls	7th/8th	Boys	6th	Boys	7th/8th
02/19/10	School Closed							
02/26/10	Girls	5th/6th	Girls	7th/8th	Boys	5th	Boys	7th/8th
03/05/10	Girls	5th/6th	Girls	7th/8th	Boys	6th	Boys	7th/8th
03/12/10	Girls	5th/6th	Girls	7th/8th	Boys	5th	Boys	7th/8th
03/19/10	Girls	5th/6th	Girls	7th/8th	Boys	6th	Boys	7th/8th
03/26/10	Girls	5th/6th	Girls	7th/8th	Boys	TBD	Boys	7th/8th

## Mount Sinai Lacrosse

2009-2010 Southbay Sportsplex Practice Schedule  
Schedule for **Boys** grades K to 12

### Boys Youth Program Grades K-4th

Day	Time	Date
Sunday	3:00pm-4:15pm	12/06/09
Sunday	3:00pm-4:15pm	12/13/09
Sunday	3:00pm-4:15pm	12/20/09
Sunday	3:00pm-4:15pm	01/03/10
Sunday	3:00pm-4:15pm	01/10/10
Sunday	3:00pm-4:15pm	01/24/10
* <b>Wednesday</b>	<b>5:00pm-6:30pm</b>	<b>02/03/10</b>
Sunday	3:00pm-4:15pm	02/14/10
Sunday	3:00pm-4:15pm	02/21/10
Sunday	3:00pm-4:15pm	02/28/10

### **Directions to Southbay Sportsplex**

#### ***From Route 25A***

- Head east on 25A into Wading River
- Turn right on Wading River Manor Road heading South
- Continue South through 1 traffic light and make your 1st left on Grumman Blvd
- Travel on Grumman Blvd for 1.5 miles.
- Make a left at the first accessible entrance into Calverton Enterprise Park
- After entering the park, go straight to Sportsplex on right (red awning)

### Boys Youth Program Grades 5th-8th

Day	Time	Date
Sunday	4:15pm-5:30pm	12/06/09
Sunday	4:15pm-5:30pm	12/13/09
Sunday	4:15pm-5:30pm	12/20/09
Sunday	4:15pm-5:30pm	01/03/10
Sunday	4:15pm-5:30pm	01/10/10
Sunday	4:15pm-5:30pm	01/24/10
* <b>Wednesday</b>	<b>6:30pm-8:00pm</b>	<b>02/03/10</b>
Sunday	4:15pm-5:30pm	02/14/10
Sunday	4:15pm-5:30pm	02/21/10
Sunday	4:15pm-5:30pm	02/28/10

### Boys Varsity/JV Grades 9th-12th

Day	Time	Date
Tuesday	6:30pm-8:00pm	12/08/09
Tuesday	6:30pm-8:00pm	12/15/09
Tuesday	6:30pm-8:00pm	12/22/09
Tuesday	6:30pm-8:00pm	01/05/10
Tuesday	6:30pm-8:00pm	01/12/10
Tuesday	6:30pm-8:00pm	01/19/10
Tuesday	7:00pm-8:30pm *	01/26/10
Tuesday	7:00pm-8:30pm *	02/02/10
Tuesday	7:00pm-8:30pm *	02/09/10
Tuesday	7:00pm-8:30pm *	02/23/10