




June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Coach West (425) 220-4633 (425)-356-6620 westcm@mukilteo.wednet.edu</p>	<p>1 Practice/Tryouts 5-7:15</p>	<p>2 Practice JV 4-6 (Aux) <i>Varsity at MLT vs. Ballard @ 5:00</i></p>	<p>3 Practice 5-7:15</p>	<p>4 Kamiak Athletic Physicals 6:00-8:00 (\$25.00) Practice 2:30-4:00 (Varsity/JV) <i>Varsity at MLT vs. EdWood @ 5:00</i></p>	<p>5 Practice 5-7:15</p>	<p>6 Practice 12-2:30</p>
7	8 Practice 5-7:15	9 Practice 5-7:15 (JV) <i>Varsity at MLT vs. Marysville @ 6:00</i>	10 Practice 5-7:15	11 <i>Varsity at MLT vs. Monroe @ 6:00</i>	12 Roosevelt H.S. Weekend Tourney (VAR) <i>Vs. Stanwood @ 8:15 pm</i>	13 Roosevelt H.S. Weekend Tourney (VAR) <i>Vs. Woodinville @5:45</i> <i>Vs. Bothell @8:30</i> JV @Glacier Peak <i>vs. Woodinville @11am vs ? @ 1pm, and @ 4 or 5</i>
14 Roosevelt H.S. Weekend Tourney (VAR) <i>Game time Varies</i>	15 Practice 4:30-6:45	16 Practice 4:30-6:45 (JV) <i>Varsity at MLT vs. Woodinville @6:00</i>	17 Practice 4:30-6:45	18 <i>Varsity at MLT vs. Kings @5:00</i>	19 UW Team Camp JV-Varsity <i>Be at UW by 5:00. 5:45-10:30 (2 games)</i>	20 UW Team Camp JV-Varsity <i>Be at UW 8:45 a.m. 10-12 (one game?) 1-4 (one game?) 6-9(One game?)</i>
21 UW Team Camp JV/Varsity <i>Games from 8am-1pm (2 games per team)</i>	22 YOUTH CAMP@KA 11:00-1:00 3 rd -8 th Grade HIGH SCHOOLCAMP@KA 2:00-4:30 9 th -12 th Grade	23 YOUTH CAMP@KA 11:00-1:00 3 rd -8 th Grade HIGH SCHOOLCAMP@KA 2:00-4:30 9 th -12 th Grade <i>Varsity at MLT vs. *Snohomish @5:00 *vs.? @ 6, 7, or 8?</i>	24 YOUTH CAMP@KA 11:00-1:00 3 rd -8 th Grade HIGH SCHOOLCAMP@KA 2:00-4:30 9 th -12 th Grade <i>Varsity at MLT Playoffs possible @ 5, 6, 7 or 8??</i>	25 YOUTH CAMP@KA 11:00-1:00 3 rd -8 th Grade HIGH SCHOOLCAMP@KA 2:00-4:30 9 th -12 th Grade <i>Varsity at MLT Playoffs 5,6,7, or 8.</i>	26 <i>VAN LEAVES @ 5 a.m. from Kamiak</i> University of Oregon TEAM CAMP Varsity Only, 10-11 players)	27 U of O Varsity Team Camp (VAR)
28 U of O Varsity Team Camp (VAR) <i>Vans return after camp</i>	29	30) JV/Varsity 10am-11am Guards 11am-12pm Posts 12pm-1pm Open Gym				Coach West (425) 220-4633



July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach West (425) 220-4633 (425)-356-6620 westcm@mukilteo.wednet.edu	<i>Monday, Wed, Friday in July Guys are expected to lift for an hour Sometime between 8- 1(Captains Decide)</i>	<i>July 1st-10th is Skill work for Anyone who wants to work on individual skills. Tentative times!!</i>	1 TENATIVE (optional) 10am-11am Posts 11am-12pm Guards 12pm-1pm Open Gym LIFT DAY	2 TENATIVE (optional) Open Gym 5-7	3 TENATIVE (optional) 10am-11am Guards 11am-12pm Posts 12pm-1pm Open Gym LIFT DAY	4 INDEPENDENCE DAY
5	6 TENATIVE (optional) 10am-11am Posts (skills) 11am-12pm Guards 12pm-1pm Open Gym LIFT DAY	7 Cascade Rehab Speed and Agility Camp 9:30- 11:00am on Turf TENATIVE (optional) Open Gym 5-7 pm	8 TENATIVE (optional) 10am-11am Guards 11am-12pm Posts 12pm-1pm Open Gym LIFT DAY	9 Cascade Rehab Speed and Agility Camp 9:30- 11:00am on Turf TENATIVE (optional) Open Gym 5-7 pm	10 TENATIVE (optional) 10am-11am Posts 11am-12pm Guards 12pm-1pm Open Gym LIFT DAY	11
12	13 Varsity/JV Practice 10:00- 12:00 LIFT DAY	14 Cascade Rehab Speed and Agility Camp 9:30- 11:00am on Turf Varsity/JV Practice 5-7 pm	15 Varsity/JV Practice 10:00- 12:00 LIFT DAY	16 Cascade Rehab Speed and Agility Camp 9:30- 11:00am on Turf Varsity/JV Practice 5-7 pm	17 Varsity/JV Practice 10:00- 12:00 LIFT DAY	18 Lake Stevens Tourney JV AND VARSITY Var vs Lake St @ 9am JV vs White River @10 Next games depend on wins 3 games total 4 if in championship
19 WEST OUT OF TOWN JULY 19th-22nd	20 Weight Room 8- 10 am LIFT DAY	21 Cascade Rehab Speed and Agility Camp 9:30- 11:00am on Turf Weight Room 6-8 pm	22 Weight Room 8- 10 am LIFT DAY	23 Cascade Rehab Speed and Agility Camp 9:30- 11:00am on Turf Open Gym 5-7	24 Open Gym 10:00-12:00 LIFT DAY	25 Varsity/JV Practice 12:00-2:30 pm
26 GONZAGA TEAM CAMP (JV- VAR) Vans Leave KA at 6:30 a.m. 	27 GONZAGA TEAM CAMP (JV-VAR)	28 GONZAGA TEAM CAMP (JV-VAR) Cascade Rehab Speed	29 GONZAGA TEAM CAMP (JV-VAR)	30 GONZAGA TEAM CAMP (JV-VAR) Cascade Rehab Speed	31	Coach West (425) 220-4633 (425)-356-6620 westcm@mukilteo.wednet.edu