

April 2009 VBVA Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 CAG 12R 6-7:30 12N 7:30-9 NA 15R,14N 6:30-8:30	30 CAG 12R 6-7:30 12N 7:30-9 NA 15R,14N 6:30-8:30	31 THS 18N,15N,12R 6-8	1 CAG 15R 6:30-8:30 LMS 13N,12N 6:30-8:30	2 KMS 16N 6:30-8:30 LMS 13N 6:30-8:30 NA 15R,14R 6:30-8:30 THS 18N,15N,14N 6-8	3 CAG 12s 6:30-8:30 KMS 16N 6:30-8:30	4
5 KMS 12R 6:30-8:30 LMS 14R,13N 6:30-8:30 NA 15R,14N 6:30-8:30	6 KMS 12R 6:30-8:30 LMS 14R,13N 6:30-8:30 NA 15R,14N 6:30-8:30	7 CAG 15R 6:30-8:30 KMS 16N 6:30-8:30 LMS 13N 6:30-8:30 THS 18N,15N,12N 6-8	8 KMS 16N 6:30-8:30 LMS 13N,12N 6:30-8:30 THS 18N,15N,14N 6-8	9 KMS 14R 6:30-8:30 LMS 12R 6:30-8:30 NA 15R 6:30-8:30	10	11 NEQ Baltimore 12N - 16N
12 Spring	13 Break-->	14 THS 18N 6-8	15 THS 18N 6-8	16 THS 18N 6-8	17	18 NEQ Baltimore 18N
19 Velocity CAG 6:30-8	20 CAG 14R 6:30-8:30 LMS 12R 6:30-8:30 NA 15R,14N 6:30-8:30	21 KMS 12N 6:30-8:30 LMS 13N 6:30-8:30 THS 18N,16N,15N 6-8	22 CAG 12N 6:30-8:30 KMS 14s 6:30-8:30 LMS 13N,12N 6:30-8:30 THS 18N,15N,12R 6-8	23 KMS 14N 6:30-8:30 LMS 13N 6:30-8:30 NA 15R,14R 6:30-8:30 THS 18N,16N, 15N 6-8	24 CAG 12N 6:30-8:30 KMS 16N 6:30-8:30	25
26 Velocity CAG 6:30-8	27 KMS 14R 6:30-8:30 LMS 12R 6:30-8:30 NA 15R,14N 6:30-8:30	28 CAG 14R 6:30-8:30 KMS 12N 6:30-8:30 LMS 13N 6:30-8:30 THS 18N,16N,15N 6-8	29 KMS 14N 6:30-8:30 LMS 13N,12N 6:30-8:30 THS 18N,15N,12R 6-8	30 KMS 14N 6:30-8:30 LMS 13N 6:30-8:30 NA 15R,14R 6:30-8:30 THS 18N,16N,15N 6-8	KMS=Kempsville Middle CAG=Calvary Assembly of God LMS=Landstown Middle THS=Tallwood High NA=Norfolk Academy For team listings, N=National, R=Regional, s=both teams	