

# February 2009 VBVA Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CAG</b> 14N 12:30-2:30	<b>NA</b> 15s 6:30-8:30 <b>LMS</b> 13N 6-8	<b>LMS</b> 12R 5:30-7 13N 7-9 <b>CAG</b> 12N 7-9 <b>LHS</b> 15s 7-9 <b>THS</b> 18N,14N 6:30-8:30	<b>CAG</b> 12N 6-7:30 14R 7:30-9 <b>THS</b> 18N,16N 6:30-8:30	<b>NA</b> 15s 6:30-8:30 <b>CAG</b> 12R 6-7:30 13N 7:30-9	<b>KMS</b> 18N 6:30-8:30 <b>CAG</b> 14s 6-7:30 16N 7:30-9	<b>CAG</b> 12R 2-4 12N 4-6
<b>CAG</b> 14N 12:30-2:30 16N 5:30-7:30 <b>LHS</b> 15N 6:30-8:30	<b>NA</b> 15s 6:30-8:30 <b>LMS</b> 13N 6-8 <b>KMS</b> 14N 6:30-8:30 <b>THS</b> 18N,14R 6:30-8:30	<b>LMS</b> 12R 5:30-7 13N 7-9 <b>CAG</b> 12N 7-9 <b>KMS</b> 18N,16N 6:30-8:30	<b>CAG</b> 12N 6-7:30 13N 7:30-9 <b>LHS</b> 15N 7-9	<b>NA</b> 16N,15R 6:30-8:30 <b>CAG</b> 12R 6-7:30 14R 7:30-9 <b>KMS</b> 18N 6:30-8:30 <b>LHS</b> 15N,14N 7-9	<b>CAPITOL</b>	<b>HILL</b>
<b>CLASSIC,</b>	<b>DC</b>	<b>LMS</b> 13N,12N 7-9 <b>CAG</b> 14s 7-9	<b>CAG</b> 12R 6-7:30 18N 7:30-9 <b>LHS</b> 16N,15N 7-9	<b>NA</b> 16N,15R 6:30-8:30 <b>CAG</b> 12R 6-7:30 12N 7:30-9 <b>THS</b> 18N,14N 6-8 <b>LHS</b> 15N 7-9	<b>KMS</b> 13N 6:30-8:30 <b>CAG</b> 14R 6-7:30 15R 7:30-9	
<b>CAG</b> 13N 12:30-2:30 15R 5:30-7:30 <b>LHS</b> 15N 6:30-8:30	<b>LMS</b> 13N 6-8 <b>NA</b> 15R 6:30-8:30 <b>KMS</b> 14N 6:30-8:30 <b>THS</b> 18N,16N 6-8	<b>CAG</b> 12N 7-9 <b>LMS</b> 14R,13N 7-9 <b>LHS</b> 16N,15N 6-8 <b>THS</b> 18N 6-8	<b>CAG</b> 12R 6-7:30 12N 7:30-9	<b>NA</b> 16N,15R 6:30-8:30 <b>CAG</b> 12R 6-7:30 14R 7:30-9 <b>THS</b> 18N 6-8 <b>LHS</b> 15N,14N 7-9	<b>KMS</b> 14N 6:30-8:30 <b>CAG</b> 14R 6-7:30 13N,12N 7:30-9	<b>CAG</b> 12R 2-4 15N 4-6

KMS=Kempsville Middle Academy    CAG=Calvary Assembly of God    LMS=Landstown Middle    LHS=Landstown High    THS=Tallwood High    NA=Norfolk Academy  
 team listings, N=National, R=Regional, s=both teams