

# May 2009 VBVBA Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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						1	2
<b>Velocity</b> <b>CAG 6:30-8</b>	<b>KMS</b> 15N 6:30-8:30 <b>LMS</b> 13N 6:30-8:30 <b>NA</b> 15R 6:30-8:30	<b>LMS</b> 12N 6:30-8:30 <b>THS</b> 18N,16N 6-8	<b>KMS</b> 15N 6:30-8:30 <b>LMS</b> 13N 6:30-8:30 <b>THS</b> 16N,14N 6-8	<b>LMS</b> 12N 6:30-8:30 <b>NA</b> 15R 6:30-8:30 <b>THS</b> 18N,14N 6-8	8	9	
<b>Velocity</b> <b>CAG 6:30-8</b>	<b>KMS</b> 15N 6:30-8:30 <b>LMS</b> 13N,12N 6:30-8:30 <b>NA</b> 16N,15R 6:30-8:30	<b>LMS</b> 13N 6:30-8:30 <b>THS</b> 18N,16N,14N 6-8	<b>KMS</b> 15s 6:30-8:30 <b>LMS</b> 13N 6:30-8:30 <b>THS</b> 18N,14N,12N 6-8	<b>NA</b> 15s 6:30-8:30 <b>THS</b> 18N,16N,12N 6-8	<b>KMS</b> 14N 6:30-8:30	16	
<b>Velocity</b> <b>CAG 6:30-8</b>	<b>KMS</b> 15N 6:30-8:30 <b>LMS</b> 13N,12N 6:30-8:30 <b>NA</b> 15R 6:30-8:30	<b>THS</b> 18N,16N,14N 6-8	<b>KMS</b> 15N 6:30-8:30 <b>LMS</b> 13N 6:30-8:30 <b>THS</b> 16N,12N 6-8	<b>NA</b> 15R 6:30-8:30 <b>THS</b> 18N,14N 6-8	22	23	
<b>CHAMPION- SHIPS</b> Pittsburgh / Richmond	25	26	<b>THS</b> 18N,12N 6-8	<b>THS</b> 18N,12N 6-8	29	30	