



# March 2019



NOTES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Weights: <b>4:00 pm</b> Field ( <i>linear speed</i> ): <b>5:00 pm</b>	5 Weights: <b>4:00 pm</b> Field ( <i>MDM speed</i> ): <b>5:00 pm</b>	6 Weights: <b>4:00 pm</b> Field ( <i>hybrid speed</i> ): <b>5:00 pm</b>	7 Weights: <b>4:00 pm</b> Field ( <i>4 quarters</i> ): <b>5:00 pm</b>	8	9
10	11 Weights: <b>4:00 pm</b> Field ( <i>linear speed</i> ): <b>5:00 pm</b>	12 Weights: <b>4:00 pm</b> Field ( <i>MDM speed</i> ): <b>5:00 pm</b>	13 Weights: <b>4:00 pm</b> Field ( <i>hybrid speed</i> ): <b>5:00 pm</b>	14 Weights: <b>4:00 pm</b> Field ( <i>4 quarters</i> ): <b>5:00 pm</b>	15	16
17 <i>Spring Break this week</i>	18 Weights: <b>4:00 pm</b> Field ( <i>linear speed</i> ): <b>5:00 pm</b>	19 Weights: <b>4:00 pm</b> Field ( <i>MDM speed</i> ): <b>5:00 pm</b>	20 Weights: <b>4:00 pm</b> Field ( <i>hybrid speed</i> ): <b>5:00 pm</b>	21 Weights: <b>4:00 pm</b> Field ( <i>4 quarters</i> ): <b>5:00 pm</b>	22	23
24	25 Weights: <b>4:00 pm</b> Field ( <i>linear speed</i> ): <b>5:00 pm</b>	26 <b>Kuhio Day</b> <b>No Practice</b>	27 Weights: <b>4:00 pm</b> Field ( <i>MDM speed</i> ): <b>5:00 pm</b>	28 Weights: <b>4:00 pm</b> Field ( <i>t hybrid speed</i> ): <b>5:00 pm</b>	29	30
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