

<p><b>December</b></p> <p>29</p>	<p>30</p>	<p>1</p>	<p>2</p>	<p>3</p> <p>warm up 3:30-3:50</p> <p>weightlift 3:50-5:00</p>	<p>4</p>
<p><b>December</b></p> <p>6</p>	<p>7</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>8</p> <p>warm up 3:30-3:50</p> <p>weightlift 3:50-5:00</p>	<p>9</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>10</p> <p>warm up 3:30-3:50</p> <p>weightlift 3:50-5:00</p>	<p>11</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>
<p><b>December</b></p> <p>13</p>	<p>14</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>15</p> <p>warm up 3:30-3:50</p> <p>weightlift 3:50-5:00</p>	<p>16</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>17</p> <p>warm up 3:30-3:50</p> <p>weightlift 3:50-5:00</p>	<p>18</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>
<p><b>December</b></p> <p>20</p>	<p>21</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>22</p> <p>warm up 3:30-3:50</p> <p>weightlift 3:50-5:00</p>	<p>23</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>24</p> <p>warm up 3:30-3:50</p> <p>weightlift 3:50-5:00</p>	<p>25</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>
<p><b>December</b></p> <p>27</p>	<p>28</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>29</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>30</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>	<p>31</p> <p>warm up 3:30-3:50</p> <p>Throw Contest 4:00-5:00</p> <p>Weight Lifting Contest 5:00-6:00</p> <p>Bench Squat</p>	<p>1</p> <p>warm up 3:30-3:50</p> <p>throw 3:50-5:30</p>

				Clean		
<b>January</b>	3 warm up 3:30-3:50  throw 3:50-5:30	4 warm up 3:30-3:50  weightlift 3:50-5:00	5 warm up 3:30-3:50  throw 3:50-5:30	6 warm up 3:30-3:50  weightlift 3:50-5:00	7 warm up 3:30-3:50  throw 3:50-5:30	8
<b>January</b>	10 warm up 3:30-3:50  throw 3:50-5:30	11 warm up 3:30-3:50  weightlift 3:50-5:00	12 warm up 3:30-3:50  throw 3:50-5:30	13 warm up 3:30-3:50  weightlift 3:50-5:00	14 warm up 3:30-3:50  throw 3:50-5:30	15
<b>January</b>	17 warm up 3:30-3:50  throw 3:50-5:30	18 warm up 3:30-3:50  weightlift 3:50-5:00	19 warm up 3:30-3:50  throw 3:50-5:30	20 warm up 3:30-3:50  weightlift 3:50-5:00	21 warm up 3:30-3:50  throw 3:50-5:30	22
<b>January</b>	24 warm up 3:30-3:50  throw 3:50-5:30	25 warm up 3:30-3:50  weightlift 3:50-5:00	26 warm up 3:30-3:50  throw 3:50-5:30	27 warm up 3:30-3:50  Throw Contest 4:00-5:00  Weight Lifting Contest 5:00-6:00 Bench Squat Clean	28 warm up 3:30-3:50  throw 3:50-5:30	29

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weightlift  
9:00-10:00  
Throw 10:00-11:00

5

weightlift  
9:00-10:00  
Throw 10:00-11:00

12

weightlift  
9:00-10:00  
Throw 10:00-11:00

19

weightlift  
9:00-10:00  
Throw 10:00-11:00

26

weightlift  
9:00-10:00  
Throw 10:00-11:00

2

weightlift 9:00-10:00 Throw 10:00-11:00	9
weightlift 9:00-10:00 Throw 10:00-11:00	16
weightlift 9:00-10:00 Throw 10:00-11:00	23
weightlift 9:00-10:00 Throw 10:00-11:00	30

