

2019 JAC January Practice Schedule

Date	Day	Notes
January 1st	Tuesday	New Years Day No Practice
2	Wednesday	4pm-6pm
3	Thursday	4pm-6pm
4	Friday	4pm-6pm
5	Saturday	lessons by appointment
6	Sunday	lessons by appointment
7	Monday	4pm-6pm
8	Tuesday	4pm-6pm
9	Wednesday	4pm-6pm
10	Thursday	No Practice, FACA Coaches Clinic
11	Friday	No Practice, FACA Coaches Clinic
12	Saturday	No Practice, FACA Coaches Clinic
13	Sunday	lessons by appointment
14	Monday	4pm-6pm
15	Tuesday	4pm-6pm
16	Wednesday	4pm-6pm
17	Thursday	4pm-6pm
18	Friday	4pm-6pm
19	Saturday	No Practice, ERAU Indoor / Outdoor Meet
20	Sunday	lessons by appointment
21	Monday	5:30pm-7pm, 1st day of FHSAA Official Track Practice
22	Tuesday	lessons by appointment
23	Wednesday	5:30pm-7pm
24	Thursday	lessons by appointment
25	Friday	lessons by appointment
26	Saturday	lessons by appointment
27	Sunday	lessons by appointment
28	Monday	5:30-7pm
29	Tuesday	lessons by appointment
30	Wednesday	5:30-7pm
31	Thursday	lessons by appointment

January Training is either \$100 for the whole month (unlimited practices) or \$10 drop in fee per practice

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