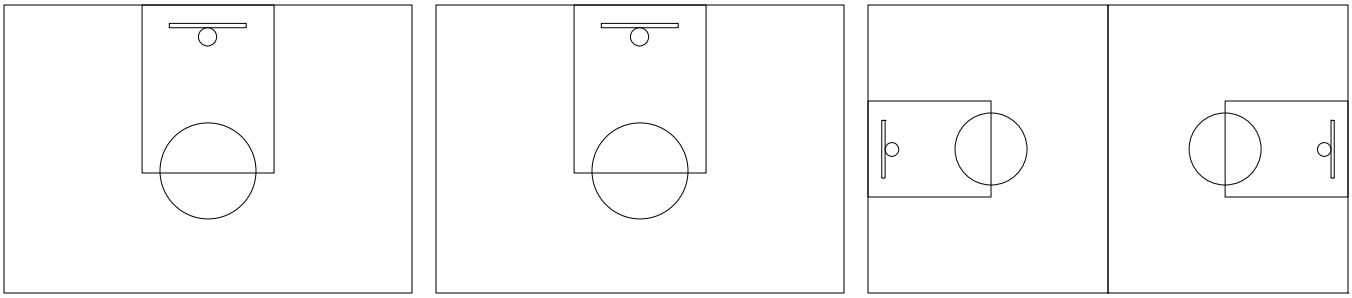
Daily Practice Schedule

ANNOUNCEMENTS:	Date: Workout #: Week: Day:
OBJECTIVES:	Injured/Absent

TIME	DRILL	PTS of EMPHASIS	GROUPINGS



NOTES/COMMENTS:

hooptactics