

January 2010

S M T W T F S

		Key: CVF: Chula Vista Futures NCF: North County Futures NCP: North County Prep SDP: San Diego Prep V: Varsity VII: Varsity Team 2	BB: Basketball RU: Rugby MTG: Meeting Muni: Municipal Gym in Balboa Park PWG: Park Way Gym in Chula Vista BGC: Boys & Girls Club in Vista	TBA: To Be Announced TRS: Therapeutic Recreational Services SRC: Sharp Rehabilitation Center	1 ☼ Ski trip Sign-Ups!	2 (No SDP/VII BB practice) V/D3 BB practice 1:30-3:30 pm @ Muni
3	4 ☼ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	5 SDP/VII BB practice 6-8pm @ Muni	6 V/D3 BB practice 6-8pm @ Muni ☼ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	7	8	9 SDP /VII BB practice 11a-1p @ Muni V/D3 BB practice 1:30-3:30 pm @ Muni
10 D3 @ Northridge	11 ☼ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ☼ Adaptive Yoga 6:15-7:15pm @ SRC	12 SDP/VII BB practice 6-8pm @ Muni	13 V/D3 BB practice 6-8pm @ Muni ☼ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	14 ✦ Adaptive Cooking Class 6-8 pm @ TRS	15 NCP BB practice 6-8pm @ BGC	16 SDP/VII BB practice 11a-1p @ Muni V/D3 BB practice 1:30-3:30 pm @ Muni ✦ Handcycling @ North Crown Point
17	18 ☼ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ☼ Adaptive Yoga 6:15-7:15pm @ SRC	19 SDP/VII BB practice 6-8pm @ Muni	20 V/D3 BB practice 6-8pm @ Muni ☼ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	21 SDASF Board MTG 6:00 pm at Liberty Station	22 Varsity @ Seattle (no D3 practice) NCP BB practice 6-8pm @ BGC	23 Varsity @ Seattle (no D3/VII practice) SDP tournament vs. Rancho @ Muni ✦ Handcycling @ Mission Bay Park 10a-12p
24 Varsity @ Seattle	25 ☼ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ☼ Adaptive Yoga 6:15-7:15pm @ SRC	26 SDP/VII BB practice 6-8pm @ Muni	27 V/D3 BB practice 6-8pm @ Muni ☼ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	28 ✦ Adaptive Cooking Class 6-8 pm @ TRS	29 NCF BB & NCP BB practice 5:30-8pm @ BGC 11 am—1 pm ISP Scuba Assessment 11 am—4 pm Golf Tournament @ Lomas Santa Executive Golf Course	30 CVF BB 9:30-11:30 am @ PWG SDP/VII BB practice 11a-1p @ Muni V/D3 BB practice 1:30-3:30pm @ Muni
31			<div style="border: 1px solid black; padding: 5px;"> ✦ San Diego TRS, Register: Therapeutic Recreation Services at (619) 525-8247, (619) 525-8249 TDD ☼ Sharp Rehabilitation Center Rec. Therapy: (858) 939-3048 ☼ Kim O'Hara (619) 446-9124 </div>			

February 2010

S M T W T F S

	<p>1</p> <ul style="list-style-type: none"> ♣ Ski Trip @ Big Bear Lake Last Day to Sign-Up! ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ♣ Adaptive Yoga 6:15-7:15pm @ 	<p>2</p> <p>SDP/VII BB practice 6-8pm@ Muni</p>	<p>3</p> <p>V/D3 BB practice 6-8pm @ Muni</p> <ul style="list-style-type: none"> ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC 	<p>4</p>	<p>5</p> <p>NCF BB & NCP BB practice 5:30-8pm @ BGC</p>	<p>6</p> <p>CVF BB 9:30-11:30 am @ PWG</p> <p>SDP/VII BB practice 11a-1p@ Muni</p> <p>V/D3 BB practice 1:30-3:30 pm @ Muni</p>
7	<p>8</p> <p>ISP Scuba Program 9am-3pm</p> <ul style="list-style-type: none"> ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ♣ Adaptive Yoga 6:15-7:15pm @ SRC 	<p>9</p> <p>ISP Scuba Program 9am-3pm</p> <p>SDP/VII BB practice 6-8pm@ Muni</p>	<p>10</p> <p>ISP Scuba Program 9am-3pm</p> <p>V/D3 BB practice 6-8pm @ Muni</p> <ul style="list-style-type: none"> ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC 	<p>11</p> <p>ISP Scuba Program 9am-3pm</p> <p>♣ Adaptive Cooking Class 6-8 pm @ TRS</p>	<p>12</p> <p>NCF BB & NCP BB practice 5:30-8pm @ BGC</p>	<p>13</p> <p>CVF BB 9:30-11:30 am @ PWG</p> <p>SDP/VII BB practice 11a-1p@ Muni</p> <p>V/D3 BB practice 1:30-3:30pm @ Muni</p> <p>♣ Handcycling @ De Anza Cove 10a-12p</p>
14	<p>15</p> <ul style="list-style-type: none"> ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ♣ Adaptive Yoga 6:15-7:15pm @ SRC 	<p>16</p> <p>SDP/VII BB practice 6-8pm@ Muni</p> <ul style="list-style-type: none"> ♣ Ski Trip @ Big Bear Lake 	<p>17</p> <p>V/D3 BB practice 6-8pm @ Muni</p> <ul style="list-style-type: none"> ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC 	<p>18</p> <p>SDASF Board MTG 6:00 pm at Liberty Station</p>	<p>19</p> <p>NCF BB & NCP BB practice 5:30-8pm @ BGC</p>	<p>20</p> <p>CVF BB 9:30-11:30 am @ PWG</p> <p>SDP BB practice 11a-1p @ Muni</p> <p>D3 SCWBA Conference Championship @ Tierra Santa Rec. Ctr. (no V/VII practice)</p> <p>♣ Handcycling @ Silver Strand Coronado 10a-12p</p>
21	<p>22</p> <ul style="list-style-type: none"> ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC 	<p>23</p> <p>SDP/VII BB practice 6-8pm@ Muni</p>	<p>24</p> <p>V/D3 BB practice 6-8pm @ Muni</p> <ul style="list-style-type: none"> ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC 	<p>25</p> <p>♣ Adaptive Cooking Class 6-8 pm @ TRS</p>	<p>26</p> <p>NCF BB & NCP BB practice 5:30-8pm @ BGC</p>	<p>27</p> <p>CVF BB 9:30-11:30 am @ PWG</p> <p>SDP/BB practice 11a-1p @ Muni (no VII practice)</p> <p>V/D3 BB tournament at Cerritos</p>
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♣ Sharp Rehabilitation Center Rec. Therapy: (858) 939-3048

⌘ Kim O'Hara (619) 446-9124

March 2010

S M T W T F S

	1 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	2 SDP/VII BB practice 6-8pm@ Muni	3 V/D3 BB practice 6-8pm @ Muni ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	4	5 NCF BB & NCP BB practice 5:30-8pm @ BGC	6 CVF BB 9:30-11:30 am @ PWG SDP/VII BB practice 11a-1p @ Muni V/D3 BB practice 1:30-3:30 pm @ Muni † Archery 10a-12:30p
7	8 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	9 SDP/VII BB practice 6-8pm@ Muni	10 V/D3 BB practice 6-8pm @ Muni ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	11 † Adaptive Cooking Class 6-8 pm @TRS	12 NCF BB & NCP BB practice 5:30-8pm @ BGC	13 CVF BB 9:30-11:30 am @ PWG SDP/VII BB practice 11a-1p@ Muni V/D3 BB practice 1:30-3:30 pm @ Muni The Thursday Club Rummage Sale @ The Activity Center, Balboa Park
14	15 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC The Thursday Club Rummage Sale @ The Activity Center, Balboa Park	16 SDP/VII BB practice 6-8pm@ Muni	17 V/D3 BB practice 6-8pm @ Muni ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	18 SDASF Board MTG 6:00 pm at Liberty Station	19 NCP BB practice 6-8pm @ BGC	20 CVF vs. NCF BB tourney 9:30-11:30 am @ PWG (no VII/SDP practice) V/D3 tourney @ Rancho † Archery 10a-12:30p
21	22 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	23 SDP/VII BB practice 6-8pm@ Muni	24 V/D3 BB practice 6-8pm @ Muni ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	25 † Adaptive Cooking Class 6-8 pm @TRS	26	27 SDP vs NCP Tournament 11:00 to 3:00 @ Muni (no V/VII/D3 practice) † Handcycling @ North Crown Point Shores 10a-12p
28	29 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	30 SDP/VII BB practice 6-8pm@ Muni	31 V/D3 BB practice 6-8pm @ Muni ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC	† San Diego TRS, Register: Therapeutic Recreation Services at (619) 525-8247, (619) 525-8249 TDD ♣ Sharp Rehabilitation Center Rec. Therapy: (858) 939-3048 ☼ Kim O'Hara (619) 446-9124		

April 2010

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				1	2	3 SDP/VII BB practice 11a-1p @ Muni V/D3 BB practice 1:30-3:30 pm @ Muni † Archery 10a-12:30p
4	5	6 SD BB practice 6-8pm@ Muni (No VII practice) V/DIII National s @ Denver	7 V/DIII National s @ Denver	8 V/DIII National s @ Denver	9 V/DIII National s @ Denver	10 SDP BB practice 11a-1p @ Muni (No VII practice) V/D3 BB practice 1:30-3:30 pm @ Muni
11	12	13 SDP/VII BB practice 6-8pm@ Muni	14 V/D3 BB practice 6-8pm @ Muni	15 SDASF Board MTG 6:00 pm at Liberty Station	16	17 SDP/VII BB practice 11a-1p @ Muni V/D3 BB practice 1:30-3:30 pm @ Muni † Archery 10a-12:30p
18	19	20 SDP/VII BB practice 6-8pm@ Muni	21 V/D3 BB practice 6-8pm @ Muni	22	23	24 SDP/VII BB practice 11a-1p @ Muni V/D3 BB practice 1:30-3:30 pm @ Muni
25	26	27 SDP/VII BB practice 6-8pm@ Muni	28 V/D3 BB practice 6-8pm @ Muni	29	30	

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