

# May 2010

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S	M	T	W	T	F	S
<b>Key:</b> <b>CVF:</b> Chula Vista Futures <b>NCF:</b> North County Futures <b>NCP:</b> North County Prep <b>SDP:</b> San Diego Prep <b>V:</b> Varsity <b>VII:</b> Varsity Team 2 <b>D3:</b> Adult Division Division	<b>BB:</b> Basketball <b>RU:</b> Rugby <b>IWS:</b> Indoor Wheelchair Soccer <b>MTG:</b> Meeting <b>Muni:</b> Municipal Gym in Balboa Park <b>PWG:</b> Park Way Gym in Chula Vista <b>BGC:</b> Boys & Girls Club in Vista	<b>TBA:</b> To Be Announced <b>TRS:</b> Therapeutic Recreational Services <b>SRC:</b> Sharp Rehabilitation Center				1 <b>Quad-RU</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
2	3 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC  ♣ Adaptive Yoga 6:15-7:15pm	4 <b>Quad-RU</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	5 <b>V/DIII BB</b> practice 6-8pm @ Muni	6 ♣ Adaptive Sports 6-8:30 pm at Muni	7 <b>NCP BB</b> practice 5:30-8pm @ BGC	8 <b>Quad-RU</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni  ♣ Handcycling @ TBA 10am-12:30pm
9 ⌘ IWS 12-3 pm @ Downtown Y	10 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC  ♣ Adaptive Yoga 6:15-7:15pm	11 <b>Quad-RU</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	12 <b>V/DIII BB</b> practice 6-8pm @ Muni	13 ♣ Adaptive Sports 6-8:30 pm at Muni	14 <b>NCP BB</b> practice 5:30-8pm @ BGC	15 <b>Quad-RU</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni  ♣ Archery 10a-12:30p
16	17 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC  ♣ Adaptive Yoga 6:15-7:15pm	18 <b>Quad-RU</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	19 <b>V/DIII BB</b> practice 6-8pm @ Muni	20 ♣ Adaptive Sports 6-8:30 pm at Muni  SDASF Board MTG 6:00 pm at Liberty Station	21 <b>NCP BB</b> practice 5:30-8pm @ BGC	22 <b>Quad-RU</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni  ♣ Handcycling @ TBA 10am-12:30pm
23 ⌘ IWS 12-3 pm @ Downtown Y	24 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC  ♣ Adaptive Yoga 6:15-7:15pm	25 <b>Quad-RU</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	26 <b>V/DIII BB</b> practice 6-8pm @ Muni	27 ♣ Adaptive Sports 6-8:30 pm at Muni	28 <b>NCP BB</b> practice 5:30-8pm @ BGC	29 <b>Quad-RU</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
30	31 <b>Memorial Day</b>			♣ San Diego TRS, Register: Therapeutic Recreation Services at (619) 525-8247, (619) 525-8249 TDD ♣ Sharp Rehabilitation Center Rec. Therapy: (858) 939-3048 ⌘ Kendall Harmon at (619) 708-4414 or at doctork2000@yahoo.com Δ Barnes Center: Jim Yoes: (619) 307-0544		

# June 2010

S	M	T	W	Th	F	S
<b>Key:</b> CVF: Chula Vista Futures NCF: North County Futures NCP: North County Prep SDP: San Diego Prep V: Varsity VII: Varsity Team 2 D3: Adult Division Division MTG: Meeting Muni: Municipal Gym	<b>BB:</b> Basketball <b>RU:</b> Rugby <b>IWS:</b> Indoor Wheelchair Soccer <b>MTG:</b> Meeting <b>Muni:</b> Municipal Gym in Balboa Park <b>TBA:</b> To Be Announced <b>TRS:</b> Therapeutic Recreational Services <b>SRC:</b> Sharp	1 <b>Quad-RU</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	2 <b>V/DIII BB</b> practice 6-8pm @ Muni	3 <b>✦Adaptive Sports 6-8:30 pm</b> at Muni	4 <b>NCP BB</b> practice 5:30-8pm @ BGC	5 <b>Quad-RU</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
6 <b>⌘ IWS 12-3 pm</b> @ Downtown Y	7 <b>✦ Adaptive Weight Training &amp; Fitness Class 4:30-6pm @ SRC</b>  <b>✦ Adaptive Yoga 6:15-7:15pm</b>	8 <b>Quad-RU</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	9 <b>V/DIII BB</b> practice 6-8pm @ Muni  <b>SDASF Volunteer Orientation</b> @ Liberty Station 6pm-8pm	10 <b>✦Adaptive Sports 6-8:30 pm</b> at Muni	11 <b>NCP BB</b> practice 5:30-8pm @ BGC	12 <b>Quad-RU</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni  <b>✦ Handcycling @ TBA 10a-12:30p</b>
13	14 <b>✦ Adaptive Weight Training &amp; Fitness Class 4:30-6pm @ SRC</b>  <b>✦ Adaptive Yoga 6:15-7:15pm</b>	15 <b>Quad-RU</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm  <b>SDASF Volunteer Orientation</b> @ Liberty Station	16 <b>V/DIII BB</b> practice 6-8pm @ Muni	17 <b>✦Adaptive Sports 6-8:30 pm</b> at Muni  SDASF Board MTG 6:00 pm at Liberty Station	18 <b>NCP BB</b> Last practice 5:30-8pm @ BGC	19 <b>Quad-RU</b> Last practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
20 <b>⌘ IWS 12-3 pm</b> @ Downtown Y	21 <b>✦ Adaptive Weight Training &amp; Fitness Class 4:30-6pm @ SRC</b>  <b>✦ Adaptive Yoga 6:15-7:15pm</b>	22 <b>IW-Soccer</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	23 <b>V/DIII BB</b> practice 6-8pm @ Muni	24 <b>✦Adaptive Sports 6-8:30 pm</b> at Muni	25	26 <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni  <b>La Jolla Festival of the Arts</b> 9am-5pm  <b>✦ Handcycling @ TBA 10a-12:30p</b>
27 <b>La Jolla Festival of the Arts</b> 9am-5pm	28 <b>✦ Adaptive Weight Training &amp; Fitness Class 4:30-6pm @ SRC</b>  <b>✦ Adaptive Yoga</b>	29 <b>IW Soccer</b> practice 6-8pm @ Muni <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	30 <b>V/DIII BB</b> practice 6-8pm @ Muni			
					<div style="border: 1px solid black; padding: 5px;"> <p>✦ San Diego TRS, Register: Therapeutic Recreation Services at (619) 525-8247, (619) 525-8249 TDD</p> <p>✦ Sharp Rehabilitation Center Rec. Therapy: (858) 939-3048</p> <p>⌘ Kendall Harmon at (619) 708-4414 or at doctork2000@yahoo.com</p> <p>Δ Barnes Center: Jim Yoes: (619) 307-0544</p> </div>	

# July 2010

S M T W T F S

S	M	T	W	T	F	S
<b>Key:</b> <b>CVF:</b> Chula Vista Futures <b>NCF:</b> North County Futures <b>NCP:</b> North County Prep <b>SDP:</b> San Diego Prep <b>V:</b> Varsity <b>VII:</b> Varsity Team 2 <b>D3:</b> Adult Division Division	<b>BB:</b> Basketball <b>RU:</b> Rugby <b>IWS:</b> Indoor Wheelchair Soccer <b>MTG:</b> Meeting <b>Muni:</b> Municipal Gym in Balboa Park <b>PWG:</b> Park Way Gym in Chula Vista <b>BGC:</b> Boys & Girls Club in Vista	<b>TBA:</b> To Be Announced <b>TRS:</b> Therapeutic Recreational Services <b>SRC:</b> Sharp Rehabilitation Center		1	2	3 <b>IW-Soccer</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
4 <b>IWS</b> 12-3 pm @ Downtown Y	5 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC  ♣ Adaptive Yoga 6:15-7:15pm	6 <b>IW-Soccer</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	7 <b>V/DIII BB</b> practice 6-8pm @ Muni	8	9	10 <b>IW-Soccer</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
11	12 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC  ♣ Adaptive Yoga 6:15-7:15pm	13 <b>IW-Soccer</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	14 <b>V/DIII BB</b> practice 6-8pm @ Muni	15 SDASF Board MTG 6:00 pm at Liberty Station	16	17 <b>IW-Soccer</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
18 <b>IWS</b> 12-3 pm @ Downtown Y	19 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC  ♣ Adaptive Yoga 6:15-7:15pm	20 <b>IW-Soccer</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	21 <b>V/DIII BB</b> practice 6-8pm @ Muni	22	23	24 <b>IW-Soccer</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
25	26 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC  ♣ Adaptive Yoga 6:15-7:15pm	27 <b>IW-Soccer</b> practice 6-8pm @ Muni  <b>ΔWheelchair Tennis</b> @ Barnes Cntr. 5:30 pm	28 <b>V/DIII BB</b> practice 6-8pm @ Muni	29	30	31 <b>IW-Soccer</b> practice 11am-1pm @ Muni  <b>V/DIII BB</b> practice 1:30-3:30 pm @ Muni
<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            ⌘ Kendall Harmon at (619) 708-4414 or at doctork2000@yahoo.com            Δ Barnes Center: Jim Yoes: (619) 307-0544         </div>						

# August 2010

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1 ⌘ IWS 12-3 pm @ Downtown Y	2 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ♣ Adaptive Yoga 6:15-7:15pm	3 IW-Soccer practice 6-8pm @ Muni ΔWheelchair Tennis @ Barnes Cntr. 5:30 pm	4 V/DIII BB practice 6-8pm @ Muni	5	6	7 V/DIII BB practice 1:30-3:30 pm @ Muni
8	9 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ♣ Adaptive Yoga 6:15-7:15pm	10 24th Annual Wheelchair Sports Camp @ North Crown Point 8am-3pm  (No Team Practice)	10 24th Annual Wheelchair Sports Camp @ North Crown Point 8am-3pm  (No Team Practice)	10 24th Annual Wheelchair Sports Camp @ Southwestern College 8am-3pm (No Team Practice)	13 24th Annual Wheelchair Sports Camp @ Southwestern College 8am-3pm (No Team Practice)	14 24th Annual Wheelchair Sports Camp @ Southwestern College 8am-3pm (No Team Practice)
15 ⌘ IWS 12-3 pm @ Downtown Y	16 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ♣ Adaptive Yoga 6:15-7:15pm	17 IW-Soccer practice 6-8pm @ Muni ΔWheelchair Tennis @ Barnes Cntr. 5:30 pm	18 V/DIII BB practice 6-8pm @ Muni	19  SDASF Board MTG 6:00 pm at Liberty Station	20	21 IW-Soccer practice 11am-1pm @ Muni  V/DIII BB practice 1:30-3:30 pm @ Muni
22	23 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ♣ Adaptive Yoga 6:15-7:15pm	24 IW-Soccer practice 6-8pm @ Muni ΔWheelchair Tennis @ Barnes Cntr. 5:30 pm	25 V/DIII BB practice 6-8pm @ Muni	26	27	28 IW-Soccer practice 11am-1pm @ Muni  V/DIII BB practice 1:30-3:30 pm @ Muni
29 ⌘ IWS 12-3 pm @ Downtown Y	30 ♣ Adaptive Weight Training & Fitness Class 4:30-6pm @ SRC ♣ Adaptive Yoga 6:15-7:15pm	31 IW-Soccer practice 6-8pm @ Muni ΔWheelchair Tennis @ Barnes Cntr. 5:30 pm	<u>Key:</u> CVF: Chula Vista Futures NCF: North County Futures NCP: North County Prep SDP: San Diego Prep V: Varsity VII: Varsity Team 2 D3: Adult Division Division	BB: Basketball RU: Rugby IWS: Indoor Wheelchair Soccer 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	
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