**Senior 3 January 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  | 1**Happy New Year!** **No practice**  | 2 | 3 |
| 4 | 5 | 65:45-7:30pmJarvis | 7  | 85:45-7:30pmRyerson | 9 | 106:45-9amBenson(dryland) |
| 11 | 12 | 135:45-7:30pmJarvis | 14 | 155:45-7:30pmRyerson | 16***Winter Cup***  | 17***Winter Cup***  |
| 18  | 19 | 205:45-7:30pmJarvis | 21 |  225:45-7:30pmRyerson | 23 | 246:45-9amBenson(dryland) |
| 25  | 26 | 275:45-7:30pmJarvis | 28 |  295:45-7:30pmRyerson | 30 | 316:45-9amBenson(dryland) |