

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 U13/U15 Mini-Camp 5-7pm	17	18	19	20	21	22
23 U13/U15 Mini-Camp 5-7pm	24	25	26	27	28	29
30 U13/U15 Practice 5-6:45pm	31					



June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2 U13/U15 Practice 7-8:45pm	3	4	5	
6	7 U18 Mini-Camp 7-9pm	8	9 U13/U15 Practice 5:30-7:15pm U18 Mini-Camp 7:30-9:30pm	10		12	
13	14	15 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm ADK M-C 5-7pm	16 ADK Mini-Camp 5-8pm	17 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm		18	19 Lake Erie Showcase Buffalo (U18/U15/U13)
20 Lake Erie Showcase Buffalo (U18/U15/U13)	21	22 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm ADK Practice 4:30-7:30pm	23 ADK Practice U18 4:30-6pm U15 6:00-7:30pm	24 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm		25	26 Irondequoit Tourn (U18/U13/ADK) Cortland Team Camp (U18)
27 Irondequoit Tourn (U18/U13/ADK) Cortland Team Camp (U18)	28	29 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm ADK Practice 4:30-7:30pm	30 ADK Practice U18 4:30-6pm U15 6:00-7:30pm				

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm	2	3
	4		6 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm ADK Practice 4:30-7:30pm	7 ADK Practice U18 4:30-6pm U15 6:00-7:30pm	8 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm	9 Syracuse Tourn (U18)
11 NEYLA Tourn (U13/U15) UMass Tourn (U18/ADK)	12	13 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm ADK Practice 4:30-7:30pm	14 ADK Practice U18 4:30-6pm U15 6:00-7:30pm	15 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm	16	17 Albany Power RPI Tournament (U18/U15/ADK)
18 Albany Power RPI Tournament (U18/U15/ADK)	19	20 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm ADK Practice 4:30-7:30pm	21 ADK Practice U18 4:30-6pm U15 6:00-7:30pm	22 U13/U15 Practice 5:30-7:15pm U18 Practice 7:15-9pm	23	24 Hersey Chocolate town (U13/U15)
25 Hersey Chocolate town (U13/U15)	26	27 NO PRACTICE Rain-date for practice	28 ADK Practice U18 4:30-6pm U15 6:00-7:30pm	29 U13/U15/U18 Practice 5:30-7 pm *End of year picnic 7pm-9pm	30	31

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Syracuse Showcase Tourn. (U18)	2 Lake Placid Youth Tournament (U15/U18)	3 Lake Placid Youth Tournament (U15/U18)	4 Lake Placid Youth Tournament (U15/U18)	5 Lake Placid Tournament Mens	6 Lake Placid Tournament Mens	7 Lake Placid Tournament Mens
8 Lake Placid Tournament Mens	9	10	11	12		14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				