

## St. Albans Lacrosse Spring Break Schedule 2009

*Schedule may change slightly due to weather and field availability, but the "off" days should not change*

### Varsity

Saturday, March 14 Off  
Sunday, March 15 Off  
Monday, March 16 Off  
Tuesday, March 17 Off  
Wed, March 18 Lift, 10-12; practice, 3-5  
Thur, March 19 Practice, 3-5, Team Dinner after practice  
Fri, March 20 Game vs. McCallie (H), Noon (players report at 10 a.m.)  
Sat, March 21 Game at Catholic U. vs. O'Connell, 5 p.m.; players report to STA at 2:00  
Sun, March 22 Off

Mon, March 23 Lift, 10-12; practice, 3-5  
Tue, March 24 Practice, 3-5; team meeting, team dinner afterwards  
*Schedule on 3/24 may be moved up to accommodate seeing the Middlebury-W&L game, which is going to be played locally, time TBA*

Wed, March 25 Depart for Richmond, 10 a.m.; STA at Collegiate, 4  
Thu, March 26 Practice in Charlottesville  
Fri, March 27 STA at St. Anne's-Belfield, 5 p.m.  
Sat, March 28 STA vs. Norfolk Academy in Charlottesville, 10 a.m.; watch UVA-MD game, 3:30; arrive back at STA, 10 p.m.  
Sun, March 29 Off

### JV

Monday, March 16 Practice, 3:30-5:30  
Tuesday, March 17 Game vs. Madison Freshmen, Home, 4:30 p.m.  
Wed, March 18 Practice, 3:30—5:30  
Thu, March 19 Game vs. St. Mary's Ryken, Home, 4:00 p.m.  
Friday, March 20 Practice, 3:30—5:30  
Saturday, March 21 Scrimmage at Gilman School vs. Gilman and Keio School (Japan), 10-2 (times tentative)  
Sunday, March 22 Off

Monday, March 23 Game vs. St. John's Freshmen, Home, 4:00 p.m.  
Tuesday, March 24— Off  
Sunday, March 29