

Date	Northwood Girls Day	Off Season 09 Opponent	Level	Location	Notes
9/10/2009	Thursday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
9/11/2009	Friday	Boys Game	Off	Northwood	No Practice
9/14/2009	Monday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
9/15/2009	Tuesday	Boys Game	Off	Los Alamitos	No Practice
9/16/2009	Wednesday	Boys Game	Off	Laguna Hills	No Practice
9/17/2009	Thursday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
9/18/2009	Friday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
9/21/2009	Monday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
9/22/2009	Tuesday	Boys Game	Off	Villa Park	No Practice
9/23/2009	Wednesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
9/24/2009	Thursday	Boys Game	Off	Newport	No Practice
9/25/2009	Friday	Boys Game	Off	Newport	No Practice
9/28/2009	Monday	No Practice	Off	Northwood	No Practice
9/29/2009	Tuesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
9/30/2009	Wednesday	No Practice	Off	N/A	No Practice
10/1/2009	Thursday	Boys Game	Girls HS	Northwood	7-9pm Weights/Pool
10/2/2009	Friday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/5/2009	Monday	No Practice	Off	N/A	No Practice
10/6/2009	Tuesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/7/2009	Wednesday	Boys Game	Off	N/A	No Practice
10/8/2009	Thursday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/9/2009	Friday	Boys Game	Girls HS	Northwood	7-9pm Weights/Pool
10/12/2009	Monday	Tourney	Off	N/A	No Practice
10/13/2009	Tuesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/14/2009	Wednesday	Boys Game	Off	N/A	No Practice
10/15/2009	Thursday	Boys Game	Off	Newport	No Practice
10/16/2009	Friday	Tourney	Girls HS	Northwood	No Practice
10/19/2009	Monday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/20/2009	Tuesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/21/2009	Wednesday	Boys Game	Girls HS	Northwood	No Practice
10/22/2009	Thursday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/23/2009	Friday	Boys Game	Girls HS	Northwood	7-9pm Weights/Pool
10/26/2009	Monday	Tourney	Off	Northwood	No Practice
10/27/2009	Tuesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/28/2009	Wednesday	Boys Game	Girls HS	Northwood	7-9pm Weights/Pool
10/29/2009	Thursday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
10/30/2009	Friday	Tourney	Off	Northwood	No Practice
11/2/2009	Monday	No Practice	Off	N/A	No Practice
11/3/2009	Tuesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
11/4/2009	Wednesday	Boys Game	Off	Trabuco Hills	No Practice
11/5/2009	Thursday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
11/6/2009	Friday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
11/9/2009	Monday	No Practice	Off	N/A	No Practice
11/10/2009	Tuesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
11/11/2009	Wednesday	No Practice	Off	N/A	No Practice
11/12/2009	Thursday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
11/13/2009	Friday	Practice	Girls HS	Northwood	7-9pm Weights/Pool

11/16/2009	Monday	No Practice	Off	N/A	No Practice
11/17/2009	Tuesday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
11/18/2009	Wednesday	No Practice	Off	N/A	No Practice
11/19/2009	Thursday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
11/20/2009	Friday	Practice	Girls HS	Northwood	7-9pm Weights/Pool
11/23/2009	Monday	HighSchool Starts		Northwood	6am Season Starts