



# Camrose Spirals Jump Rope Club

## November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Rec Skippers 6—7 Competitive 7—8 Coaches 8—9	2 <b>Spirals Meeting 7:00 pm at the Fire Hall</b>	3	4 Rec Skippers 6—7 Competitive 7—8 Coaches 8—9	5	6
7	8 Rec Skippers 6—7 Competitive 7—8 Coaches 8—9	9 <b>Practice 6— 8</b>	10	11 Remembrance Day <b>No Practice</b>	12 <b>Camrose Invitational</b>	13 <b>Camrose Invitational</b>
14	15 <b>No Practice</b>	16 <b>Practice 6— 8 ?</b>	17	18 Rec Skippers 6—7 Competitive 7—8 Coaches 8—9 <b>Mom's Pantry Forms &amp; Payment Due</b>	19	20
21	22 Rec Skippers 6—7 Competitive 7—8 Coaches 8—9	23 <b>Practice 6— 8 ?</b>	24	25 Rec Skippers 6—7 Competitive 7—8 Coaches 8—9	26 <b>Festival of Trees Demo (Tentative) 6 - 8:30</b>	27
28	29 Rec Skippers 6—7 Competitive 7—8 Coaches 8—9	30 <b>Practice 6—8 ?</b>				