



Central Jersey Cardinals  
2010 PRACTICE SCHEDULE

**PRACTICES TO START MONDAY, MARCH 22, 2010**  
**REVISED 4-15-10**

**Monday**

6:00-7:30 – SFC Gym – **Val Vaccarro – U10 - Red**  
7:30-9:00 – SFC Gym – **Dana Leary – U13 - Red**  
6:00-7:30 – Rutgers Prep – Lower Gym – **Katie Adams – U11 - Red**  
7:30-9:00 – Rutgers Prep – Lower Gym – **James Thomas – U16**  
5:30-7:00 – Rutgers Prep – Upper Gym – **Open**

**Tuesday**

6:00 – 7:30 – Rutgers Prep – Lower Gym – **Camille Mammolite - U10 - White**  
7:30 – 9:00 – Rutgers Prep – Lower Gym – **Ryan Shellhammer – U16**  
6:00-7:30 – Rutgers Prep – Upper Gym – **Jessica Crouch – U13 - White**  
7:30 – 9:00 – Rutgers Prep – Upper Gym – **Shannon Coyle – U14**  
6:30-8:00 – St. Peters – **Eliot Rodriguez – U13 -**  
8:00-9:30 – St. Peters – **Tyler Jenkins - BOYS**  
7:30-9:00 – SFC Gym – **Mike Lazur – U11 White**

**Wednesday**

6:00-7:30 – Rutgers Prep – Lower Gym – **Jessica Crouch – U13 - White**  
6:00-7:30 – Rutgers Prep – Upper Gym – **Katie Adams – U11 - Red**  
7:30 – 9:00 – Rutgers Prep – Upper Gym – **Amy Gaudious – U14**  
6:00-7:30 – St. Peters – **Val Vaccarro – U10 - Red**  
8:00-9:30 – St. Peters – **James Thomas – U16**  
6:30pm-8:00pm – SFC Gym – **Dana Leary – U13 - Red**

**Thursday**

6:00 – 7:30 – Rutgers Prep – Lower Gym – **Camille Mammolite – U10 - White**  
7:30 – 9:00 – Rutgers Prep – Lower Gym – **Ryan Shellhammer – U16**  
6:00-7:30 – Rutgers Prep – Upper Gym – **Amy Gaudious – U14**  
7:30 – 9:00 – Rutgers Prep – Upper Gym – **Shannon Coyle – U14**  
6:30-8:00 – St. Peters – **Eliot Rodriguez – U13**  
8:00-9:30 – St. Peters – **Tyler Jenkins - BOYS**  
6:00 – 7:30 – SFC Gym – **Open**  
7:30-9:00 – SFC Gym – **Mike Lazur – U11 White**