

# October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3	4	5	6
7	8	9	10 Sign up for interested paddlers; receive commitment packet	11	12	13
14	15	16	17	18	19	20
21	22	23	24 <b>Uniform shorts order form and money due to Coach Pua</b>	25	26	27
28	29 Cross Training Begins 4:00-5:30 (Meet outside of Koa'ia)	30	31 Cross Training 4:00-5:30			

2007

# November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Cross Training 4:00-5:30	2	3
4	5 Cross Training 4:00-5:30	6 Cross Training 4:00-5:30	7 K-12 Early Release	8 Cross Training 4:00-5:30	9	10
11	12 Cross Training 4:00-5:30	13	14 Cross Training 4:00-5:30	15 Cross Training 4:00-5:30	16	17
18	19 JV Swim & Flotation Test/Cross Training 4:00-5:30	20 Varsity Swim & Flotation Test/Cross Training 4:00-5:30	21 Make-up Swim & Flotation Test/Cross Training 4:00-5:30	Thanksgiving Break		24
25	26 First Day of Practice 3:30 – 5:45 Bayfront  (T-Shirt Fundraiser)	27 Practice 3:30 – 5:45 Bayfront  (T-Shirt Fundraiser)	28 Practice 3:30 – 5:45 Bayfront  (T-Shirt Fundraiser)	29 Practice 3:30 – 5:45 Bayfront  (T-Shirt Fundraiser)	30 Practice 3:30 – 5:15 Bayfront  (T-Shirt Fundraiser)	

# 2007

# December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 High School Christmas Concert Practice <b>~No Practice~</b> (T-Shirt Fundraiser)	4 Practice 3:30 – 5:45 Bayfront  (T-Shirt Fundraiser)	5 Practice 3:30 – 5:45 Bayfront  (T-Shirt Fundraiser)	6 Practice 3:30 – 5:45 Bayfront  (T-Shirt Fundraiser)	7 Practice 3:30 – 5:15 Bayfront  <b>(T-Shirt Fundraiser – Money Due)</b>	8
9	10 Practice 3:30 – 5:45 Bayfront	11 Practice 3:30 – 5:45 Bayfront	12 Practice 3:30 – 5:45 Bayfront	13 Practice 3:30 – 5:45 Bayfront	14 <b>~No Practicce~</b>	15 <b>Open Ocean Long Distance Practice</b> 7:30 – 10:00 Bayfront
16	17 Practice 3:30 – 5:45 Bayfront	18 Practice 3:30 – 5:45 Bayfront	19 Founder's Day <b>~No Practice~</b>	20 Practice 3:00 – 5:15 Bayfront	21 Practice 3:00 – 5:15 Bayfront	22 <b>Open Ocean Long Distance Practice</b> 7:30 – 10:00 Bayfront
23	24 Christmas Eve <b>~No Practice~</b>	25 Christmas <b>~No Practice~</b>	26 Practice 3:00 – 5:15 Bayfront	27 Practice 3:00 – 5:15 Bayfront	28 <b>Open Ocean Long Distance Practice</b> 7:30 – 10:00 Bayfront	29
30	31 New Year's Eve <b>~No Practice~</b>					

2007

# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day <b>~No Practice~</b>	2 Practice 3:00 – 5:15 Bayfront	3 Practice 3:00 – 5:15 Bayfront	4 Practice 3:00 – 5:15 Bayfront	5 3 Mile Long Distance Race Keauhou (10:00)  Bus leaves KS @ 5:15 Bus leaves Prince Kuhio @ 5:30
6	7 Practice 3:30 – 5:45 Bayfront	8 Practice 3:30 – 5:45 Bayfront	9 Practice 3:30 – 5:45 Bayfront	10 Practice 3:30 – 5:45 Bayfront	11 Practice 3:30 – 5:15 Bayfront	12 4 Mile Long Distance Race Hilo (10:00)  Report @ 8:30
13	14 Practice 3:30 – 5:45 Bayfront	15 Practice 3:30 – 5:45 Bayfront	16 Practice 3:30 – 5:45 Bayfront	17 Practice 3:30 – 5:45 Bayfront	18 Practice 3:30 – 5:15 Bayfront	19 5 Mile Long Distance Race Kawaihae (10:00)  Bus leaves KS @ 5:45 Bus leaves Prince Kuhio @ 6:00
20	21 Martin Luther King, Jr. Day <b>~No Practice~</b>	22 Practice 3:30 – 5:45 Bayfront	23 Practice 3:30 – 5:45 Bayfront	24 Practice 3:30 – 5:45 Bayfront	25 Practice 3:30 – 5:15 Bayfront	26 Regatta in Hilo (11:00)  Paddlers report @ 8:30 to weigh in canoes
27	28 Practice 3:30 – 5:45 Bayfront	29 Practice 3:30 – 5:45 Bayfront	30 Practice 3:30 – 5:45 Bayfront	31 Practice 3:30 – 5:45 Bayfront		

2008

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice 3:30 – 5:15 Bayfront	2 Regatta in Kona (10:00)  Bus leaves KS @ 5:30 Bus leaves Prince Kuhio @ 5:45
3	4 Practice 3:30 – 5:45 Bayfront	5 Practice 3:30 – 5:45 Bayfront	6 Practice 3:30 – 5:45 Bayfront	7 Practice 3:30 – 5:45 Bayfront	8 Practice 3:30 – 5:15 Bayfront	9 Regatta in Hilo (10:00)  Report @ 9:00
10	11 Practice 3:30 – 5:45 Bayfront	12 Practice 3:30 – 5:45 Bayfront	13 Practice 3:30 – 5:45 Bayfront	14 Practice 3:30 – 5:45 Bayfront	15 Practice 3:30 – 5:15 Bayfront	16 BIIF Championships @ Hilo Bay (10:00)  Report @ 8:45
17	18 President's Day ~No Practice~	19 Practice ~ Varsity Only 3:30 – 5:00 Bayfront	20 Practice ~ Varsity Only 3:30 – 5:00 Bayfront	21 Practice ~ Varsity Only 3:30 – 5:00 Bayfront	22 Practice ~ Varsity Only 3:30 – 5:00 Bayfront	23 Car Wash Fundraiser
24	25 Practice ~ Varsity Only 3:30 – 5:00 Bayfront	26 Practice ~ Varsity Only 3:30 – 5:00 Bayfront	27 Practice ~ Varsity Only 3:30 – 5:00 Bayfront	28 Leave for States	29 HHSAA Canoe Paddling State Races Honolulu	

2008