

JANUARY 2022

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

"If you have fun when you practice, you may also learn more and perform better."

- Barry Green

Practice Goals
