

## **“Arlington Lamar” ITINERARY-2009**

**Thur. . September 3rd,**

**2:30 A & B Teams Get out of class**

**3:00- A& B Teams leave for The Lamar**

**4:30- B Team Flex**

**5:00- B Team KICK-OFF**

**6:30 A Team Flex**

**7:00- A Team KICK-OFF**

### **CHAMPIONSHIP THOUGHT :**

**“CHECK-IN”**

**“GREEN LIGHTS”**

**“SO WHAT...NEXT PLAY”**