



**HILO REIGN PRACTISE DAYS**

**WHERE: MALAMA PARK**

**WHEN: TUESDAYS, WEDNESDAYS and THURSDAYS**

**TIME: 4.30PM to 6.00PM**

**FOR: U-16 and U-19 Practise Days are Tuesdays and Thursdays**

**U-10 and U-13 Practise Day is on Wednesdays**

**First Practise starts 12-14-10**

**Questions: Call 938 8292 – Lawrence Fong**