

# May 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3

**BEFORE SCHOOL LETS OUT PRACTICES WILL BE HELD AS FOLLOWS BEGINNING MAY 27th:**

- 6-7 pm – New 10 & Unders**
- 7-7:40 pm – 8 & Under**
- 7:40-8:20 pm – 9-10**
- 8:20-9:00 pm – 11 & Older**

**ONCE SCHOOL LETS OUT YOU HAVE 2 CHOICES (MORNINGS AND EVENINGS)**

BEGINNING JUNE 16<sup>th</sup> PRACTICES WILL BE AS FOLLOWS:

**MORNINGS - Mon-Fri**

- 8:30 – 9:10 – Ages 5,6,7 & 8 (Swimmers who swim year round may be bumped up – see coach)**
- 9:15 – 9:55 – Ages 9 & 10**
- 10:00 – 10:45 – 11 & Older**

**EVENINGS – Mon-Thurs (NOTE: THERE ARE NO REGULAR FRIDAY EVENING PRACTICES)**

**8-9 pm ALL AGES**

25	26	27 <b>FIRST PRACTICE</b> 6-9 pm	28 PRACTICE 6-9 pm	29 PRACTICE 6-9 pm	30 PRACTICE 6-9 pm	31
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# June 2008

June 2008						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 PRACTICE 7-9 pm	3 PRACTICE 7-9 pm	4 PRACTICE 7-9 pm	5 PRACTICE 7-9 pm	6 PRACTICE 7-9 pm	7 <b>TIME TRIALS/CUTS</b> 7-10am
8	9 PRACTICE 7-9 pm	10 PRACTICE 7-9 pm	11 PRACTICE 7-9 pm	12 PRACTICE 7-9 pm	13 <b>NO PRACTICE</b> <b>PIZZA in the PARK</b>	14 <b>MEET #1</b> <b>@ PIEDMONT</b>
15 <b>(BACKSTROKE)</b> <b>STROKE CLINIC</b> 5pm	16 MORN.PRACTICES <b>START</b> 8:30-10:55 EVEN. PRACTICE 8-9 pm	17 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	18 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	19 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	20 MORNING PRACTICES 8:30-10:55 <b>MEET SET-UP &amp;</b> <b>DIVE CLINIC 7pm</b>	21 <b>MEET #2</b> <b>HOME vs.</b> <b>FAST &amp; VA OAKS</b>
22 <b>(BREASTSTROKE)</b> <b>STROKE CLINIC</b> 5pm	23 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	24 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	25 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	26 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	27 MORNING PRACTICES 8:30-10:55	28 <b>MEET #3</b> <b>@ BEN LOMOND</b>
29 <b>(BUTTERFLY)</b> <b>STROKE CLINIC</b> 5pm	30 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm					

# July 2008

July 2008						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	2 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	3 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	4 MORNING PRACTICES 8:30-10:55 <b>MEET SET-UP &amp; DIVE CLINIC 7pm</b>	5 <b>MEET #4 HOME vs. VA OAKS</b>
6 <b>NO CLINICS</b>	7 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	8 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	9 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	10 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	11 MORNING PRACTICES 8:30-10:55 <b>PASTA PARTY @ THE CLUB</b>	12 <b>MEET #5 @ Wellington vs. &amp; Meadowbrooke</b>
13 <b>(FREESTYLE) STROKE CLINIC 5pm</b>	14 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	15 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	16 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	17 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	18 MORNING PRACTICES 8:30-10:55	19 <b>MEET #6 @ Stonewall Park</b>
20 <b>TURN CLINIC 5pm</b>	21 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	22 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	23 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	24 MORNING PRACTICES 8:30-10:55 EVEN. PRACTICE 8-9 pm	25 MORNING PRACTICES 8:30-10:55 <b>MEET SET UP &amp; RELAY PRACTICE</b>	26 <b>DIVISIONALS HOME</b>
27 <b>TEAM BANQUET &amp; AWARDS 6pm</b>	28	29	30	31		