

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	2	4	5	6 Team Meeting immediately after School on the Pool Deck	7
8	9 First Day of Practice: Swim 2:30-4:30 Dryland: 4:30-5:30	10 Swim: 2:30-4:30	11 Early Release Swim: 1:30-3:30 Dryland:3:30-4:30	12 Swim: 2:30-4:30	13 Swim 2:30-4:30 Dryland: 4:30-5:30	14 Swim: 7-9 Dryland:9-10
15	16 Swim 2:30-4:30 Dryland: 4:30-5:30	17 Swim: 2:30-4:30	18 Early Release Swim: 1:30-3:30 Dryland:3:30-4:30	19 Swim: 2:30-4:30	20 Swim 2:30-4:30 Dryland: 4:30-5:30	21 Swim: 7-9 Dryland:9-10
22	23 Swim 2:30-4:30 Dryland: 4:30-5:30	24 Swim: 2:30-4:30	25 Swim:7-9am Dryland 9-10am Optional Extra Swim:3-5	26 Thanksgiving Swim: 8-10am	27 Swim:7-9am Dryland 9-10am Optional Extra Swim:3-5	28 Swim: 7-9 Dryland: 9-10
29	30 Swim 2:30-4:30 Dryland: 4:30-5:30	Notes: Thanksgiving Break November 25-November 29				