

PRACTICE SCHEDULE: July 14 – August 20, 2011
Subject to Change

Week of July 11 – 17:

			Thu – July 14 SR I and SR Champ Swimmers at Hunt Club 550 – 8am *Those swimming in evening Session 650 – 8am SR Champ Swimmers 620-8am SR II & TAG 6 – 8am at Staples	Fri – July 16 SR I, II & TAG I AT Staples 6-8am SR Champ Swimmers NOT Swimming today 620-8am CT Senior Champs On Deck at 645	Sat – July 16 NO Practice CT Senior Champs - On Deck at 645am	Sun – July 17 NO Practice CT Senior Champs – On Deck at 645am
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Week of July 18 – 24:

Mon – July 18 SR I, II & TAG I AT Staples 6-8am NO Practice for those that swam full weekend at CT Senior Champs.	Tue – July 19 SR II & TAG I AT Staples 6-8am SR I & Age Group Champ Swimmers AT Hunt Club 550-8am	Wed – July 20 SR II & TAG 1 AT Staples 6-8am LAST Practice At Staples. SR I & Age Group Champ Swimmers AT Hunt Club 550 – 8am AG Champ Swimmers 620-8am	Thu – July 21 SR I & Age Group Champ Swimmers AT Hunt Club 550-8am *Those swimming evening session 650-8am AG Champ Swimmers 620-8am	Fri – July 22 SR I & AG Group Swimmers AT Hunt Club ALL 615-8am CT AG Champs On Deck 645am	Sat – July 23 TBD if necessary CT AG Champs On Deck at 645am	Sun – July 24 NO Practice CT AG Champs On Deck at 645am
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Week of July 25 – 31:

Mon – July 25 NO PRACTICE	Tue – July 26 SR I, II & TAG At Hunt Club 6-8am	Wed – July 27 SR I, II & TAG At Hunt Club 6-8am	Thu – July 28 SR I, II & TAG At Hunt Club 6-8am	Fri – July 29 SR I, II AT Hunt Club 6-8am	Sat – July 30 TBD – If Necessary	Sun – July 31 NO Practice
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Week Of August 1 – 7:

Mon – Aug 1	Tue – Aug 2	Wed – Aug 3	Thu – Aug 4	Fri – Aug 5	Sat – Aug 6	Sun – Aug 7
SR I & II AT Hunt Club 6-8am	SR I, II & TAG At Hunt Club 6-8am	SR I, II & TAG At Hunt Club 6-8am	SR I, II & TAG At Hunt Club 6-8am	SR I & II AT Hunt Club 6-8am	TBD – If Necessary	NO Practice

Week of August 8 – 14:

Mon – Aug 8	Tue – Aug 9	Wed – Aug 10	Thu – Aug 11	Fri – Aug 12	Sat – Aug 13	Sun – Aug 14
SR I & II At Hunt Club 6-8 am	SR I, II & TAG At Hunt Club 6-8am	SR I, II & TAG At Hunt Club 6-8am	SR I, II & TAG At Hunt Club 6-8am	No Practice	No Practice	No Practice

Week of August 15 – 21:

Mon – Aug 15	Tue – Aug 16	Wed – Aug 17	Thu – Aug 18	Fri – Aug 19	Sat – Aug 20	Sun – Aug 21
No Practice	SR I, II & TAG At Hunt Club 6-8am	SR I, II & TAG At Hunt Club 6-8am	SR I, II & TAG At Hunt Club 6-8am LAST PRACTICE OF SEASON	No Practice	No Practice	No Practice

Please Note the Following:

- ❖ When at the Hunt Club, remember we are guests and respect for the facility – as with any facility – is expected.
- ❖ As swimmers complete the competitive part of their season, practices become more maintenance with an emphasis on kicking – regular, with fins and with sneakers – stroke technique and aerobic conditioning.
- ❖ Zone, Junior Nat, Senior I and SATS swimmers will practice regardless if raining the weeks of July 25 and Aug 1.
- ❖ If raining, NO practice during the weeks of August 8th and 15th.