

Swimming November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 <i>Winter coaches Meeting @ Navy Stadium</i>	10	11
12	13	14	15 <i>Winter Spor. Begin</i> PasDY- CH 3:00-4:30 Try Out Day	16 Film Session 3:00-3:30 Dry Land 3:30-4:30	17	18
19	20 PasDY- CH 3:00-4:30 Free Style Tech	21 Film Session 3:00-3:30 Dry Land 3:30-4:30	22 PasDY- CH 3:00-4:30 Butterfly Tech	23 Thanksgiving	24	25
26	27 PasDY- CH 3:00-4:30 Breaststroke Tech	28 Film Session 3:00-3:30 Dry Land 3:30-4:30	29 PasDY- CH 3:00-4:30 Backstroke Tech	30 Film Session 3:00-3:30 Dry Land 3:30-4:30		

Swimming December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 PasdY- CH 3:00-4:30 Review of Tech of all Strokes	5 Film Session 3:00-3:30 Dry Land 3:30-4:30	6 PasdY- CH 3:00-4:30 Review of Tech of all Strokes	7 Film Session 3:00-3:30 Dry Land 3:30-4:30	8	9
10	11 PasdY- CH 3:00-4:30	12 Film Session 3:00-3:30 Dry Land 3:30-4:30	13 PasdY- CH 3:00-4:30	14 Film Session 3:00-3:30 Dry Land 3:30-4:30	15 <i>Swim Meet #1</i>	16
17	18 PasdY- CH 3:00-4:30	19 Film Session 3:00-3:30 Dry Land 3:30-4:30	20 PasdY- CH 3:00-4:30	21 Film Session 3:00-3:30 Dry Land 3:30-4:30	22	23
24	25 Christmas	26-Optional Prac @ AOSC <i>NO Proactice!</i>	27-Relay Invite PasdY- CH 3:00-4:30	28 Film Session 3:00-3:30 Dry Land 3:30-4:30	29	30

Swimming January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Years Day	2 Film Session 3:00-3:30 Dry Land 3:30-4:30	3 PasdY- CH 3:00-4:30	4 Film Session 3:00-3:30 Dry Land 3:30-4:30	5 <i>Meet #2</i>	6
7	8 PasdY- CH 3:00-4:30	9 Film Session 3:00-3:30 Dry Land 3:30-4:30	10 PasdY- CH 3:00-4:30	11 Film Session 3:00-3:30 Dry Land 3:30-4:30	12 <i>Meet #3</i>	13
14	15 PasdY- CH 3:00-4:30	16 Film Session 3:00-3:30 Dry Land 3:30-4:30	17 PasdY- CH 3:00-4:30	18 Film Session 3:00-3:30 Dry Land 3:30-4:30	19 <i>Meet #4</i>	20
21	22 PasdY- CH 3:00-4:30	23 Film Session 3:00-3:30 Dry Land 3:30-4:30	24 PasdY- CH 3:00-4:30	25 Film Session 3:00-3:30 Dry Land 3:30-4:30	26 <i>Meet #5</i>	27
28	29 PasdY- CH 3:00-4:30	30 Film Session 3:00-3:30 Dry Land 3:30-4:30	31 PasdY- CH 3:00-4:30			

Swimming February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Film Session 3:00-3:30 Dry Land 3:30-4:30	2 Snow Day for Make up Meet	3
4	5 PasdY- CH 3:00-4:30	6 Film Session 3:00-3:30 Dry Land 3:30-4:30	7 PasdY- CH 3:00-4:30	8 Film Session 3:00-3:30 Dry Land 3:30-4:30	9 <i>County Meet</i>	10
11	12 PasdY- CH 3:00-4:30	13 Film Session 3:00-3:30 Dry Land 3:30-4:30	14 PasdY- CH 3:00-4:30	15 Film Session 3:00-3:30 Dry Land 3:30-4:30	16	17 <i>Regional Meet</i>
18	19 PasdY- CH 3:00-4:30	20 Film Session 3:00-3:30 Dry Land 3:30-4:30	21 PasdY- CH 3:00-4:30	22 Film Session 3:00-3:30 Dry Land 3:30-4:30	23 <i>State Meet</i>	24 <i>State Meet</i>