

Coach Marshall
 540-931-1227 c
 304-725-6120 h
 marshallc@clarke.k12.va.us

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> Practice times are subject to change. Remember - practice on weather related closings will be determined by 2 pm. Coach will send message either way. 				1 <i>No practice</i>	2 <i>Swim 8 am to ? Breakfast after practice at Denny's</i>	3 <i>Vs Man Park Man Park City Pool Depart 1:15 pm Start 3:30 pm</i>
4	5 <i>Swim 7 to 10 pm</i>	6 <i>Swim 7 to 10 pm</i>	7 <i>Dryland 3:15 - 4:30 pm</i>	8 <i>Swim 7 to 10 pm</i>	9 <i>Dryland 3:15 - 4:30 pm</i>	10 Host to Mason & Will Monroe <i>Man Park City Pool Depart 6 p, Start 8:30 pm</i>
11	12 <i>Swim 7 to 10 pm</i>	13 <i>Swim 7 to 10 pm</i>	14 <i>Dryland 3:15 - 4:30 pm</i>	15 Host to James Wood <i>Signal Knob Depart 5 pm Start 7 pm</i>	16 <i>Dryland 3:15 - 4:30 pm</i>	17 Host to Madison <i>Man Park City Pool Depart 3:30 Start 6 pm</i>
18	19 <i>Swim 7 to 10 pm (may change to am)</i>	20 <i>Swim 7 to 10 pm</i>	21 <i>Dryland 3:15 - 4:30 pm</i>	22 <i>Swim 7 to 10 pm</i>	23 Pasta Dinner	24 Bull Run District meet <i>Depart TBA Start 3:30 pm</i>
25	26 <i>Swim 7 to 10 pm</i>	27 <i>Swim 7 to 10 pm</i>	28 <i>Dryland 3:15 - 4:30 pm</i>	29 <i>Swim 7 to 10 pm</i>	30 <i>Dryland 3:15 - 4:30 pm</i>	31 <i>Vs Strasburg & Man Park Depart 3:30 pm Start 6 pm</i>