



October 2005

Practice is 90% physical-10% mental. **Meets** are 10% physical-90% mental

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 New Parent Orientation @ YMCA 6:15	3	4 Jr/Sr Practice @ LCN Jr: 6:00 – 7:30 Sr: 6:00 – 8:00	5	6 Jr/Sr Practice @ CVHS	7	8
9	10	11 Jr/Sr Practice @ Dakota H.S.	12	13 Jr/Sr Practice @ CVHS	14	15 Marlin Meet @ LCN warm-up 12:15
16	17	18 Jr/Sr Practice @ Dakota H.S.	19	20 Jr/Sr Practice @ Dakota H.S.	21	22 BBD Fall Festival @ RO Dondero
23 BBD Sunday Fun Meet @ RO Dondero	24	25 Jr/Sr Practice @ CVHS	26	27 Jr/Sr Practice @ CVHS	28	29 Blue Water Dual Meet @ LCN
30 Marlin Marathon @ YMCA	31 HAPPY HALLOWEEN	NO Swim PRACTICE				

(UNEXPECTED CANCELLATIONS MAY OCCUR)

<u>Freshman</u>	Monday	6:00 – 7:00	YMCA
	Wednesday	6:00 – 7:00	YMCA
	Thursday	6:30 – 7:30	YMCA
	Sunday	6:00 – 7:00	YMCA
<u>Sophomore</u>	Monday	5:30 – 6:45	Mt. Clemens H.S.
	Wednesday	5:30 – 6:45	Mt. Clemens H.S.
	Friday	6:00 – 7:15	Mt. Clemens H.S.
	Sunday	6:00 – 7:00	YMCA
<u>Junior</u>	Monday	6:45 – 8:30	Mt. Clemens H.S.
	Tuesday	6:00 – 7:30	Dakota or CVHS (see calendar above)
	Wednesday	6:45 – 8:30	Mt. Clemens H.S.
	Thursday	6:00 – 7:30	Dakota or CVHS (see calendar above)
	Friday	5:30 – 7:00	LCN
	Sunday	7:00 – 9:00	YMCA
<u>Senior</u>	Monday	5:00 – 7:30	LCN
	Tuesday	6:00 – 8:00	Dakota or CVHS (see calendar above)
	Wednesday	5:00 – 7:30	LCN
	Thursday	6:00 – 8:00	Dakota or CVHS (see calendar above)
	Friday	5:00 – 7:30	LCN
	Sunday	7:00 – 9:00	YMCA