



# February 2007



Revised 2/9/07

Swim each practice as if it was the most important practice of the year

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b> No Practice @ LCN	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> NO Practice @ CVHS	<b>9</b>	<b>10</b> A-Cluster
<b>11</b> A- Cluster	<b>12</b>	<b>13</b>	<b>14</b> NO practice @ LCN Sr practice at CVHS 6 - 8:00	<b>15</b>	<b>16</b>	<b>17</b> 8 & under state (Grand Rapids)
<b>18</b>	<b>19</b> No Practice at Mt. Clemens Soph 6 – 7:00 Jr 5 – 6:30 Sr 5 – 7:00 <u>@ LCN</u>	<b>20</b> No practice at Dakota Jr 6:00 – 7:30 Sr 6:00 – 8:00 <u>@ LCN</u>	<b>21</b> Normal Practice schedule at LCN and Mt. Clemens	<b>22</b> No practice at CVHS Jr 6- 7:15 Sr 7:15 – 9 <u>@ Mt. Clemens</u>	<b>23</b> No Practice at LCN or CVHS	<b>24</b> 9 & up State Meet
<b>25</b> 9 & up State Meet	<b>26</b>	<b>27</b>	<b>28</b>			

## (UNEXPECTED CANCELLATIONS MAY OCCUR)

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