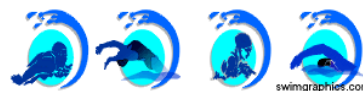




November 2007



Swimmers do not quit and quitters do not swim

***USA MEETS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please Note: Friday So/Jr practices are now at CVHS						
				1	2	3 YPAC dual @ LCN
4	5	6 Jr/Sr practice @ Dakota	7 Individual/Team pictures @ LCN Indiv – 5:15 Team – 7:00	8 Jr/Sr practice @ CVHS	9	10 YPAC Inv. @ Royal Oak Middle School (Dondero).
11 YPAC Inv. @ Royal Oak Middle School (Dondero).	12	13 Jr/Sr practice @ Dakota	14	15 Jr/Sr practice @ CVHS	16 MC Classic Grand Rapids	17 MC Classic Grand Rapids
18 MC Classic Grand Rapids	19	20 Jr/Sr practice @ Dakota	21 NO PRACTICE	22 Happy Thanksgiving No Practice	23 NO PRACTICE	24
25	26	27 Jr/Sr practice @ Dakota	28	29 Jr/Sr practice @ CVHS	30 *Swim your own age LC	

(UNEXPECTED CANCELLATIONS MAY OCCUR)

<u>Freshman</u>	Monday	6:30 – 7:30	YMCA
	Wednesday	6:30 – 7:30	YMCA
	Thursday	6:30 – 7:30	YMCA
	Sunday	6:00 – 7:00	YMCA
<u>Sophomore</u>	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
<u>Junior</u>	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
<u>Senior</u>	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