

Updated 10/23/08

# November 2008 - **Sharks Swimming**

Subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Senior A: 9am – 11am Senior B: 7:30- 9am Junior: 7:30 – 9am
2 <b>No Practice                      CSI Banquet</b>	3 Senior A: 4:30- 6:45pm Senior B: (day off) Junior: 4:30 - 6:00pm Red: (normal day off) White: 6 - 7:00pm	4 Senior A: 6:30- 8:30pm Senior B: 6:30- 8:30pm Junior: 5:30 - 6:30pm Red: 5:30 - 6:30pm White: 4:30 - 5:30pm Lessons: 4:30 – 5pm Pre-Team: 5 – 5:30pm	5 Senior A: 4:30- 6:45pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)	6 Senior A: 6:30- 8:30pm Senior B: 6:30- 8:30pm Junior: 5:30 - 6:30pm Red: 5:30 - 6:30pm White: 4:30 - 5:30pm Lessons: 4:30 – 5pm Pre-Team: 5 – 5:30pm	7 Senior A: 4:30- 6:30pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)	8 Senior A: 9am – 11am Senior B: 7:30- 9am Junior: 7:30 – 9am
9 <b>No Practice</b>	10 Senior A: 4:30- 6:45pm Senior B: (day off) Junior: 4:30 - 6:00pm Red: (normal day off) White: 6 - 7:00pm	11 Senior A: 8:00am - 10:00am Senior B: 8:00am - 10:00am Junior: 10:00am - 11:00am Red: 10:00am - 11:00am White: 11 - 12:00noon No Lessons/Pre-Team as per schedule	12 Senior A: 4:30- 6:45pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)	13 Senior A: 6:30- 8:30pm Senior B: 6:30- 8:30pm Junior: 5:30 - 6:30pm Red: 5:30 - 6:30pm White: 4:30 - 5:30pm Lessons: 4:30 – 5pm Pre-Team: 5 – 5:30pm	14 Senior A: 4:30- 6:30pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)	15 Senior A: <b>TBA</b> Senior B: <b>TBA</b> Junior: <b>no practice</b> Swim Meet at North Haven Pool *See Meet Schedule page for more info

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<p>16 <b>No Practice</b></p>	<p>17 Senior A: 4:30- 6:45pm Senior B: (day off) Junior: 4:30 - 6:00pm Red: (normal day off) White: 6 - 7:00pm</p>	<p>18 Senior A: 6:30- 8:30pm Senior B: 6:30- 8:30pm Junior: 5:30 - 6:30pm Red: 5:30 - 6:30pm White: 4:30 - 5:30pm Lessons: 4:30 – 5pm Pre-Team: 5 – 5:30pm</p>	<p>19 Senior A: 4:30- 6:45pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)</p>	<p>20 Senior A: 2:30- 5:00pm Senior B: 2:30- 4:30pm Junior: no practice Red: no practice <b>Dual Meet Sharks vs. SMST at Westhill</b> 5:30pm warm up Lessons: 4:30 – 5pm Pre-Team: 5 – 5:30pm (Last day Session II)</p>	<p>21 Senior A: 4:30- 6:30pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)</p>	<p>22 Senior A: 9am – 11am Senior B: 7:30- 9am Junior: 7:30 – 9am  <b>Swim Meet at Masuk HS</b> *See Meet Schedule page for more info</p>
<p>23 <b>No Practice</b></p>	<p>24 Senior A: 4:30- 6:45pm Senior B: (day off) Junior: 4:30 - 6:00pm Red: (normal day off) White: 6 - 7:00pm</p>	<p>25 Senior A: 6:30- 8:30pm Senior B: 6:30- 8:30pm Junior: 5:30 - 6:30pm Red: 5:30 - 6:30pm White: 4:30 - 5:30pm Lessons: 4:30 – 5pm Pre-Team: 5 – 5:30pm (First day Session III)</p>	<p>26 Senior A: 4:30- 6:45pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)</p>	<p>27 <b>No Practice</b>  No Lessons/Pre-Team as per schedule</p>	<p>28 Senior A: 7:30- 10:30am Senior B: 7:30- 10:30am Junior: no practice Red: no practice White: no practice</p>	<p>29 Senior A: 7:30- 10:30am Senior B: 7:30- 10:30am Junior: no practice Red: no practice White: no practice</p>
<p>30 <b>No Practice</b></p>	<p>Dec 1 Senior A: 4:30- 6:45pm Senior B: (day off) Junior: 4:30 - 6:00pm Red: (normal day off) White: 6 - 7:00pm</p>	<p>Dec 2 Senior A: 6:30- 8:30pm Senior B: 6:30- 8:30pm Junior: 5:30 - 6:30pm Red: 5:30 - 6:30pm White: 4:30 - 5:30pm Lessons: 4:30 – 5pm Pre-Team: 5 – 5:30pm</p>	<p>Dec 3 Senior A: 4:30- 6:45pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)</p>	<p>Dec 4 Senior A: 6:30- 8:30pm Senior B: 6:30- 8:30pm Junior: 5:30 - 6:30pm Red: 5:30 - 6:30pm White: 4:30 - 5:30pm Lessons: 4:30 – 5pm Pre-Team: 5 – 5:30pm</p>	<p>Dec 5 Senior A: 4:30- 6:30pm Senior B: 4:30- 6:00pm Junior: 6 - 7:00pm Red: 6 - 7:00pm White: (normal day off)</p>	<p>Dec 6 <b>No Practice</b>  <b>Swim Meet at Westhill</b> *See Meet Schedule page for more info</p>