

~ January 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day – no practice <u>Week Focus:</u> 100 or 200 IM	2 Back to regular practice schedule	3	4	5 High School Meet Gold 4:30-6:00 Silver 4:30-6:00 Bronze 5:00-6:00 White cancelled	6 White may swim with Bronze due to cancellation on Thursday	7 Dual @ Hardin County
8 <u>Week Focus:</u> Stroke Flip Turns	9	10 Gold swims on own or with Silver (6:30-8:00)	11	12	13 Dual vs. Francis Sign-Ups Due!!	14 Marion Invite
15 No practice – day after invite <u>Week Focus:</u> Freestyle/Backstroke	16 No School White/Bronze 10:00-11:00 Silver/Gold 11:00 -12:30	17	18	19	20	21 Dual @ Lima vs. Francis **we will swim open events**
22 <u>Week Focus:</u> Breaststroke/Butterfly	23	24	25	26	27	28 Off
29 <u>Week Focus:</u> Distance Freestyle	30	31	Notes:			