

AUGUST

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----|--------|---|--|--|--|---|---------------------------------|
| | | | | | | | 1 |
| wk1 | 2 | 3 SWIM CAMP 8:30-11:00 AM SR Meeting after | 4 SWIM CAMP 8:30-11:00 AM | 5 SWIM CAMP 8:30-11:00 AM | 6 SWIM CAMP 8:30-11:00 AM | 7 SWIM CAMP 8:30-11:00 AM | 8 NO AM PRACTICE |
| wk2 | 9 | 10 First Official Day! 8:30-11:00 AM 4:30-6:30 Var Wts & Swim | 11 8:30-11:00 AM Swim | 12 8:30-11:00 AM Team Meeting 4:30-6:30 Var Wts & Swim | 13 6:00 - 8:00 AM Swim | 14 6:00-8:00 AM Swim 4:30-6:30 Var Wts & Swim | 15 8:00-10:00 Swim |
| wk3 | 16 | 17 6:00-8:00 AM Swim 4:30-6:30 Var Wts & Swim | 18 6:00-8:00 AM Swim | 19 6:00-8:00 AM Swim 4:30-6:30 Var Wts & Swim | 20 School Begins NO Var AM Swim 3:15-5:15 PM Swim Practice | 21 5:45-7:15 AM Var Wts./Dryland 3:15-5:15 PM Kick Off at Stadium | 22 8:00-10:00 AM Swimming |
| wk4 | 23 | 24 5:45-7:15AM Var Swi Wts/Swim 3:15 -5:15 Swim | 25 5:45-7:15 AM Var Swim PICTURE (3:15) | 26 | 27 5:45-7:15 AM Var Wts./Dry/Swim 3:15-5:15 PM Swim Practice | 28 5:45-7:15 AM Var Swim 3:15 Time Trial | 29 8:00-10:00 AM Swimming |
| wk5 | 30 | 31 5:45-7:15AM Var Swi 3:15 -5:15 Swim | 3:15-5:15 PM Swim Practice | 3:15-5:15 PM Swim Practice | | | |

* THESE TIMES ARE SUBJECT TO CHANGE. PLEASE CHECK SCHEDULE FOR DOWNTIMES ARE NOT LISTED ABOVE. CONTACT COACH ABI