

Warrior Swimming – January 2010 (updated 1/27/2010)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 START WEARING TIGHTS & EXTRA DRAG THIS WEEK	4 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	5 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	6 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	7 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	8 Meet at Thomas Worthington 4:45pm Bus at 3:15pm	9 Ned Reeb Invitational at Ohio State 9:15am Carpool at 6:50am from Mr. Beys (Qualifiers Only)
10	11 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	12 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	13 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	14 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	15 Water practice 1pm-2:30pm for Canton Qualifiers 3:00pm – 5:00pm at REC for others	16 Northeast Classic at Canton 9:30am Carpool leaves Friday (Qualifiers Only)
17	18 Water practice 6:30pm – 8:45pm at REC	19 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	20 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	21 Dryland 4:45pm-5:10pm Water practice 5:15pm – 7:30pm at REC	22 HOME MEET vs DeSales 6:30pm Warm-up 5:00pm SENIOR NIGHT	23 Meet vs Delaware at Ohio Wesleyan 10:00am Bus at 8:15am
24 LAST DAY OF WEIGHTS & DRYLAND FOR WESTERVILLE CLASSIC TAPER GROUP: 1/28/2010	25 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	26 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	27 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	28 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	29 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 5:00pm – 7:00pm at REC	30 Water Practice 9am-10am at REC OCC Champs at New Albany 3:45pm, Bus at
31 LAST DAY OF WEIGHTS & DRYLAND FOR SECTIONAL TAPER GROUP: 2/4/2010	1 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	2 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	3 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	4 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	5 Water practice 4:00pm – 5:30pm at REC	6 Bey Breakfast 8:30am-10:00am Westerville Classic 1pm Warm-up 11:45am