

Warrior Swimming – November 2009 (updated 11/28/2009)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Water practice 5:00pm – 7:00pm at REC	7 Water practice 8:00am–10am Dryland 10:05am-10:35am at REC
8	9 Water practice 6:30pm – 8:45pm at REC	10 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	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 5:00pm – 7:00pm at REC	14 Dryland 12:25pm-12:55pm Water practice 1:00pm–3:00pm at REC
15	16 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	17 Mandatory OHSAA Meeting 6:30pm-8:30pm at HS Auditorium	18 Weights 3:00pm – <u>4:00 pm at HS</u> 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 5:00pm – 7:00pm at REC	21 Water practice 8:00am–10am Dryland 10:05am-10:35am at REC
22	23 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	24 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	25 Water practice 10:00am – 12pm at REC	26 THANKSGIVING NO PRACTICE	27 Dryland 4:25pm-4:55pm Water practice 5:00pm – 7:00pm at REC	28 Dryland 12:25pm-12:55pm Water practice 1:00pm–3:00pm at REC
29	30 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	1 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	2 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	3 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	4 Weights 3:00pm – <u>4:00 pm at HS</u> HOME MEET vs Lexington 6:00pm Warm-up 4:45pm	5 Waynesville Swimvitational at Wright State 2pm Bus at 10:45am