

Team Dolphins Practice Schedule

S = Seniors and Senior Elite
 ADG = Advanced Age Group
 AG = Age Group
 N = Novice Choose 2 practices per week.
 HSP = High School Prep

January 2012

S & ADG: Dry land begins at 4:30 pm

Seniors and Advanced
 Age Group Practice at
 Centennial Pool Plex
Age Group and Novice
 practice at BS YMCA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>S: 4:00-7:00 PM</i> <i>Note Time Change</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	3 <i>S: 4:00-7:00 PM</i> <i>Note Time Change</i> <i>ADG: 5-6:30 PM</i>	4 <i>S: 5:30-6:30 AM</i> <i>S & ADG: NO AFTERNOON PRACTICE</i> <i>High School Swim Meet</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	5 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i>	6 <i>S: 5:30-6:30 AM</i> <i>5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG & N: No Practice</i> <i>Polar Bear Meet</i>	7 <i>S: NO PRACTICE</i> <i>Polar Bear Meet</i>
8 <i>Polar Bear Meet</i>	9 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	10 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i>	11 <i>S: 5:30-6:30 AM</i> <i>5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	12 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i>	13 <i>S: 5:30-6:30 AM</i> <i>5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG & N: No Practice</i> <i>Coach Julie at All-Star Meet</i>	14 <i>S: NO PRACTICE</i> <i>High School Diving Meet at Centennial</i> <i>All-Star Meet — Lawrence, Kansas</i>
15 <i>All-Star Meet — Lawrence, Kansas</i>	16 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	17 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i>	18 <i>S: 5:30-6:30 AM</i> <i>5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	19 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i>	20 <i>S: 5:30-6:30 AM</i> <i>5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	21 <i>S: 8:00-10:00 AM</i>
22	23 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	24 <i>S & ADG: NO PRACTICE</i> <i>High School Swim Meet</i>	25 <i>S: 5:30-6:30 AM</i> <i>5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	26 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i>	27 <i>S: 5:30-6:30 AM</i> <i>5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	28 <i>NO PRACTICE</i> <i>NLU Last Chance Meet</i>
29 <i>NLU Last Chance Meet</i>	30 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i> <i>AG: 6-7:30 PM</i> <i>N: 6-7 PM</i>	31 <i>S: 5-7 PM</i> <i>ADG: 5-6:30 PM</i>				

This is a tentative practice schedule. Please check the website regularly for changes/updates to this schedule.