

2008-2009 Tentative Fall / Winter Short Course Practice Schedule

PRACTICE TIMES ARE SUBJECT TO CHANGE

Note: Senior Team members will be notified of training group (i.e. Senior or National) approximately two weeks into the season.

Pool	Mon	Tues	Wed	Thurs	Fri	Sat
AM Norris	530-645 HS Training Group, Senior & National Teams (swimming)	530-645 HS Training Group, Senior & National Teams (dryland)	530-645 HS Training Group, Senior & National Teams (swimming)	530-645 HS Training Group, Senior & National Teams (dryland)	530-645 HS Training Group, Senior & National Teams (swimming)	600-900 Senior & National Teams (dryland & swim)
AM North	530-645 HS Training Group, Senior & National Teams (swimming)	530-645 HS Training Group, Senior & National Teams (dryland)	530-645 HS Training Group, Senior & National Teams (swimming)	530-645 HS Training Group, Senior & National Teams (dryland)	530-645 HS Training Group, Senior & National Teams (swimming)	
PM Norris	300-515 Senior & National Teams		300-515 Senior & National Teams		300-515 National Team	
PM North		515-730 Senior & National Teams		515-730 Senior & National Teams		