

## PAC Senior Group Championship Season Training Schedule

February 24- April 1, 2010

Listed below you will find the training schedule for all of you over the next month or so!

We will have swimmers resting for 11-14 Champs, Senior Champs, Senior Sectionals, Juniors, and Age Group Sectionals!

Some of you will be resting for more than one meet. Resting for more than one meet is tough but we have prepared well!

I want all of you to shave for these meets and wear your best suit. These Meets are the primary focus for the short course season!

Our last morning workout will be Wednesday, Feb. 24. We will resume Monday, March 29.

The week after AGS is spring break, so take a few days off or come on and off to recharge.

Day	Date	11-14 State	Senior State	Senior Sectionals	Juniors	Age Group Sectionals	Coaches/ resume
Mon.	2.22	6-7 am. & 4- 6 pm	6-7 am. & 4- 6.15 pm	6-7 am. & 4- 6.15 pm	6-7 am. & 4- 6.15 pm	6-7 am. & 4- 6.15 pm	Jody
Tues.	2.23	4- 5.45 pm	4- 6:15 pm	4- 6:15 pm	4- 6:15 pm	4- 6:15 pm	Jody/Jack
Wed.	2.24	4- 5.30 pm	6-7 am and 4- 6 pm	6-7 am and 4- 6 pm	6-7 am and 4- 6 pm	6-7 am and 4- 6 pm	Jody
Th	2.25	<b>4- 5.30 or meet wu</b>	4- 6 pm	4- 6 pm	4- 6 pm	4- 6 pm	Jack
Fr	2.26	<b>meet or Jack</b>	4- 6 pm	4- 6 pm	4- 6 pm	4- 6 pm	Jack
Sat	2.27	<b>meet</b>	7- 9 am	7- 9 am	7- 9 am	7- 9 am	Jack
Sun	2.28	<b>meet</b>	off	off	off	off	off
Mon.	3.01	Train as AGS	4- 6 pm	4- 6 pm	4- 6 pm	4- 6 pm	Jody
Tues.	3.02		4- 5.30	4- 6 pm	4- 6 pm	4- 6 pm	Jody/ Jack
Wed.	3.03		4- 5.30 pm	4- 6 pm	4- 6 pm	4- 6 pm	Jody
Th	3.04		<b>4- 5.30 or meet</b>	4- 6 pm	4- 6 pm	4- 6 pm	Jack
Fr	3.05		<b>4- 5.30 or meet</b>	4- 5.30	4- 5.30	4- 5.30	Jack
Sat	3.06		<b>7.30-8.30 or meet</b>	7.30- 9 am	7.30- 9 am	7.30- 9 am	Jack
Sun	3.07		<b>meet</b>	off	off	off	off
Mon.	3.08		Train as AGS or JR	4- 5.30 pm	4- 5.30 pm	4- 6 pm	Jody
Tues.	3.09		4- 5.30 pm	4- 5.30 pm	4- 5.30 pm	4- 6 pm	Jody/ Jack
Wed.	3.10		<b>4- 5.30 or meet</b>	at Sectionals	4- 6 pm	Jody	
Th	3.11		<b>4- 5.30 or meet</b>	at Sectionals	4- 6 pm	Jody	
Fr	3.12		<b>4- 5.30 or meet</b>	at Sectionals	4- 5.30	Jody	
Sat	3.13		<b>meet</b>	at Sectionals	7.30- 9 am	Jody	
Sun	3.14		<b>meet</b>	at Sectionals	off	off	
Mon.	3.15		train as juniors/ AGS	<b>4-5:30 or leave</b>	4- 5.30 pm	Jody	
Tues.	3.16	<b>meet</b>	4- 5.30 pm	Jody/Jack			
Wed.	3.17	<b>meet</b>	4- 5.30 pm	Jody			
Th	3.18	<b>meet</b>	meet w/up at KCAC	Jack 4- 5:30			
Fr	3.19	<b>meet</b>	<b>Meet</b>	Jack 4- 5:30			

Sat	3.20				<b>meet</b>	<b>Meet</b>	off		
Sun	3.21				take few days off	<b>Meet</b>	off		
Mon.	3.22							take few days off	day off
Tues.	3.23							4-5:30ish	
Wed.	3.24							4-5:30ish	
Th	3.25							4-5:30ish	
Fr	3.26							4-5:30ish	
Sat	3.27							off	
Sun	3.28							off	
Mon.	3.29							6-7 and 4-6.30	
Tues.	3.30							4-6.30	
Wed.	3.31							6-7 am & 4- 6:30 pm	