

SWIM LOUISIANA – COACH PJ'S GROUP

AUGUST - 2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
08/02	08/03 ALL SWIMMERS FS & BK SCHOOL 4:00 – 5:30 PM	08/04 ALL SWIMMERS FS & BK SCHOOL 4:00 – 5:30 PM	08/05 ALL SWIMMERS FS & BK SCHOOL 4:00 – 5:30 PM	08/06 ALL SWIMMERS FS & BK SCHOOL 4:00 – 5:30 PM	08/07 ALL SWIMMERS OFF	08/08 ALL SWIMMERS OFF
08/09	08/10 ALL SWIMMERS FLY & BR SCHOOL 4:00 – 5:30 PM	08/11 ALL SWIMMERS FLY & BR SCHOOL 4:00 – 5:30 PM	08/12 ALL SWIMMERS FLY & BR SCHOOL 4:00 – 5:30 PM	08/13 ALL SWIMMERS FLY & BR SCHOOL 4:00 – 5:30 PM	08/14 ALL SWIMMERS OFF	08/15 ALL SWIMMERS OFF
08/16	08/17 ALL SWIMMERS IM, START & TURNS 4:00 – 5:30 PM MANDATORY PARENT & SWIMMER MEETING 6:00 – 8:00 PM AT SPAR	08/18 ALL SWIMMERS IM, START & TURNS 4:00 – 5:30 PM COACH PJ OUT	08/19 ALL SWIMMERS IM, START & TURNS 4:00 – 5:30 PM	08/20 ALL SWIMMERS IM, START & TURNS 4:00 – 5:30 PM	08/21 ALL SWIMMERS OFF	08/22 ALL SWIMMERS OFF
08/23	08/24 NAT PREP & SR 4:00 – 6:15 PM BRING GOAL SHEET	08/25 NAT PREP & SR 4:00 – 7:00 PM BRING DRYLAND ATTIRE, SHOES & WATERBOTTLE	08/26 NAT PREP & SR 4:00 – 6:15 PM	08/27 NAT PREP & SR 4:00 – 7:00 PM BRING DRYLAND ATTIRE, SHOES & WATERBOTTLE	08/28 NAT PREP 5:00 – 7:00 AM SENIOR OFF	08/29 NAT PREP & SR 9:00 – 12:00 PM BRING DRYLAND ATTIRE, SHOES & WATERBOTTLE

**PREPARING FOR THE
2010 SHORT COURSE
CHAMPIONSHIP MEETS
BEGINS RIGHT HERE!**