



## October 2021

### Senior/Gold1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 OFF	27 4:00-6:00pm 6:00-6:30 Dry MPAC	28 OFF 4:00-6:00pm 6:00-6:30 Dry MPAC	29 4:00-5:30pm 5:30-6:30 Dry MPAC	30 OFF 4:00-6:00pm 6:00-6:30 Dry MPAC	1 4:00-6:00pm 6:00-6:30 Dry MPAC	2 6:00-8:00am 8:00-8:45am DRY
3 OFF	4 4:00-6:00pm 6:00-6:30 Dry MPAC	5 5:30-7:30am 4:00-6:00pm 6:00-7:00 Dry MPAC	6 4:00-5:30pm 5:30-6:30 Dry MPAC	7 5:30-7:30am 4:00-6:00pm 6:00-7:00 Dry MPAC	8 Thanksgiving OFF	9 Thanksgiving OFF
10 Thanksgiving OFF	11 Thanksgiving OFF	12 5:30-7:30am 4:00-6:00pm 6:00-7:00 Dry MPAC	13 4:00-5:30pm 5:30-6:30 Dry MPAC	14 5:30-7:30am 4:00-6:00pm 6:00-7:00 Dry MPAC	15 4:00-6:00pm 6:00-7:00 Dry MPAC	16 6:00-8:30am 8:30-9:00am Dryland
17	18 4:00-6:00pm 6:00-6:30 Dry MPAC	19 5:30-7:30am 4:00-6:00pm 6:00-7:00 Dry MPAC	20 4:00-5:30pm 5:30-6:30 Dry MPAC	21 5:30-7:30am 4:00-6:00pm 6:00-7:00 Dry MPAC	22 4:00-6:00pm 6:00-7:00 Dry MPAC	23 MAC is BACK In House Duel Meet
24 MAC is BACK In House Duel Meet	25 4:00-6:00pm 6:00-6:30 Dry MPAC	26 5:30-7:30am 4:00-6:00pm 6:00-7:00 Dry MPAC	27 4:00-5:30pm 5:30-6:30 Dry MPAC	28 5:30-7:30am 4:00-6:00pm 6:00-7:00 Dry MPAC	29 4:00-6:00pm 6:00-7:00 Dry MPAC	30 6:00-9:00am

**Notes:** Please be prepared to run in proper attire and dress appropriately.

1. Equipment required for the first two weeks: Running shoes/Skipping rope/water bottle/paddles/pull buoy/Band/Speedo Fins/Snorkel \*\*WT BELTS BY OCT 1<sup>st</sup> please\*\*
2. All Practices at MPAC unless noted.
3. On time = 15 min early
4. Parents are to ensure swimmer entry into MPAC
5. No spectators allowed in MPAC at this time.
6. G1 Does not train on Thursday pms