

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>LMAC MASTER SEPT 2018</b>	<b>W = White G = Grey R = Royal N = Navy S = Senior MM = Mighty Mites MP = Mighty Piranhas D = Diving</b> <b>LM = Lower Merion High School SJU = Saint Joe's Fieldhouse HAV = Haverford School ** = Includes Dry Land</b>					
<b>2</b>	<b>3</b>  <b>LABOR DAY</b>	<b>4</b>  R: 5:00-6:30 @ LM N: 6:00-8:00 @ SJU S: 6:30-9:00 @ LM D: 6:45-8:45 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM	<b>5</b>  W: 5:00-6:00 @ LM G: 6:00-7:15 @ LM N: 6:00-7:30 @ SJU S: 7:15-9:00 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM MP: 6:45-7:30 @ LM	<b>6</b>  R: 5:00-6:30 @ LM N: 6:00-8:00 @ SJU S: 6:30-9:00 @ LM D: 6:45-8:45 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM	<b>7</b>  W: 5:00-6:00 @ LM G: 6:00-7:00 @ LM R: 7:00-8:00 @ LM	<b>8</b>  G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM S: 9-11 @ LM
<b>9</b>  W: 12:00-12:45 @ SJU G: 12:45-1:45 @ SJU R: 1:45-3:00 @ SJU N: 2:30-4:00 @ LM S: 1:00-2:45 @ LM D: 1:00-3:00 @ LM	<b>10</b>  G: 5:00-5:45 @ SJU R: 5:45-6:30 @ SJU S: 6:30-8:00 @ SJU  <b>Rosh Hashanah LMHS CLOSED</b>	<b>11</b>  N: 5:00-6:30 @ SJU S: 6:30-8:00 @ SJU  <b>Rosh Hashanah LMHS CLOSED</b>	<b>12</b>  W: 5:00-6:00 @ LM G: 6:00-7:15 @ LM N: 6:00-7:30 @ SJU S: 7:15-9:00 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM MP: 6:45-7:30 @ LM  <b>Snr Team Build DUE</b>	<b>13</b>  R: 5:00-6:30 @ LM N: 6:00-8:00 @ SJU S: 6:30-9:00 @ LM D: 6:45-8:45 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM  <b>EAAC USA DUE FCA Mini USA DUE</b>	<b>14</b>  W: 5:00-6:00 @ LM G: 6:00-7:00 @ LM R: 7:00-8:00 @ LM  <b>Make Up for Sept 10 MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM MP: 6:45-7:30 @ LM</b>	<b>15</b>  G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM <b>S: Team Building— Meet @ 10:15am</b>
<b>16</b>  W: 12:00-12:45 @ SJU G: 12:45-1:45 @ SJU R: 1:45-3:00 @ SJU N: 2:30-4:00 @ LM S: 1:00-2:45 @ LM D: 1:00-3:00 @ LM  <b>C &amp; M Orders DUE</b>	<b>17</b>  W: 5:00-6:00 @ LM G: 6:00-7:15 @ LM S: 7:15-9:00 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM MP: 6:45-7:30 @ LM	<b>18</b>  R: 5:00-6:30 @ LM N: 6:00-8:00 @ SJU S: 6:30-9:00 @ LM D: 6:45-8:45 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM	<b>19</b>  N: 5:00-6:30 @ SJU S: 6:30-8 @ SJU  <b>Yom Kippur LMHS CLOSED</b>	<b>20</b>  R: 5:00-6:30 @ LM N: 6:00-8:00 @ SJU S: 6:30-9:00 @ LM D: 6:45-8:45 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM	<b>21</b>  <b>FUN NGHT!!</b>  W, G, R GIRLS: 5:15-6:30 @ LM  W, G, R BOYS: 6:30-7:45 @ LM	<b>22</b>  G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM S: 9-11 @ LM <b>D: 9:00-11:00</b>
<b>23</b>  W: 12:00-12:45 @ SJU G: 12:45-1:45 @ SJU R: 1:45-3:00 @ SJU N: 2:30-4:00 @ LM S: 1:00-2:45 @ LM <b>D: OFF</b>	<b>24</b>  W: 5:00-6:00 @ LM G: 6:00-7:45 @ LM** S: 6:00-9:00 @ LM** MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM MP: 6:45-7:30 @ LM	<b>25</b>  R: 5:00-6:30 @ LM N: 6:00-8:00 @ SJU S: 6:30-9:00 @ LM <b>D: OFF</b> MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM	<b>26</b>  W: 5:00-6:00 @ LM G: 6:00-7:15 @ LM N: 5:00-7:30 @ SJU** S: 7:15-9:00 @ LM MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM MP: 6:45-7:30 @ LM	<b>27</b>  N: 6:00-8:00 @ SJU <b>S: 4:15-6:00 @ LM</b>  <b>LMHS OPEN HOUSE</b>  <b>MALVERN USA DUE NPAC USA DUE</b>	<b>28</b>  W: 5:00-6:00 @ LM G: 6:00-7:00 @ LM R: 6:15-8:00 @ LM**  <b>Make Up for Sept 19 MM: 5:15-6:00 @ LM MP: 6:00-6:45 @ LM MP: 6:45-7:30 @ LM</b>	<b>29</b>  G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM S: 9-12 @ LM**

# LMAC Fall 2018 Schedule

Group	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>WHITE</b>	5:00-6:00 @ LMHS		5:00-6:00 @ LMHS		5:00-6:00 @ LMHS		12:00-12:45 @ SJU
<b>GREY</b>	6:00-7:15 @ LMHS		6:00-7:15 @ LMHS		6:00-7:00 @ LMHS	11:00-12:00 @ LMHS	12:45-1:45 @ SJU
<b>Dryland</b> <i>begins 9/24</i>	7:15-7:45 @ LMHS						
<b>ROYAL</b>		5:00-6:30 @ LMHS		5:00-6:30 @ LMHS	7:00-8:00 @ LMHS	11:00-12:00 @ LMHS	1:45-3:00 @ SJU
<b>Dryland</b> <i>begins 9/28</i>					6:15-6:45 @ LMHS		
<b>NAVY</b>		6:00-8:00 @ SJU	6:00-7:30 @ SJU	6:00-8:00 @ SJU		9:00-11:00 @ LMHS	2:30-4:00 @ LMHS
<b>Dryland</b> <i>begins 9/26</i>			5:00-6:00 @ SJU				1:15-2:15 @ LMHS
<b>SENIOR</b> <i>AM begins 10/3</i>	7:15-9:00 @ LMHS	6:30-9:00 @ LMHS	5:25-6:50am @ HAV 7:15-9:00 @ LMHS	6:30-9:00 @ LMHS		9:00-11:00 @ LMHS	1:00-2:45 @ LMHS
<b>Dryland</b> <i>begins 9/24</i>	6:00-7:00 @ LMHS					11:00-12:00 @ LMHS	
<b>Mighty PRIANHAS</b>	6:00-6:45 @ LMHS 6:45-7:30 @ LMHS	6:00-6:45 @ LMHS	6:00-6:45 @ LMHS 6:45-7:30 @ LMHS	6:00-6:45 @ LMHS			
<b>Mighty MITES</b>	5:15-6:00 @ LMHS	5:15-6:00 @ LMHS	5:15-6:00 @ LMHS	5:15-6:00 @ LMHS			
<b>DIVING</b>		6:45-8:45 @ LMHS		6:45-8:45 @ LMHS			1:00-3:00 @ LMHS

- Fall Practice Schedule runs 9/4 – 11/16/2018 unless otherwise noted
- **DRYLAND:**
  - Please always be prepared to go **OUTSIDE** and have **SNEAKERS!**
  - At LMHS, meet in the hallway by the locker rooms—please be PROMPT!
  - At SJU, meet in the lobby area by the locker room entrances—please be PROMPT!
- Please check out the **Monthly Master Schedules** for specific changes to this fall schedule due to holidays and building closures.