

OCTOBER 2022 PRACTICE SCHEDULE (Tentative)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26 Senior/Nat & High School Boys 5:30-7:00pm	27 Senior/Nat & High School Boys 5:30-7:00pm	28 Senior/Nat & High School Boys 5:30-7:00pm	29 Senior/Nat & High School Boys 5:30-7:00pm	30 No Practice	1
2	3 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	4 No Practice (High School Meet)	5 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	6 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	7 High School Boys 5:40-7am If there is interest in attending	8
9	10 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	11 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	12 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	13 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	14 High School Boys 5:40-7am If there is interest in attending	15
16	17 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	18 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	19 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	20 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	21 High School Boys 5:40-7am If there is interest in attending	22
23 Happy Halloween	24 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	25 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	26 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	27 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -6:15-7:15pm Age Group II- 5:30-6:45pm Senior/Nat- 5:30-7:00pm	28 High School Boys 5:40-7am If there is interest in attending	29
30	31 Happy Halloween No Practice					

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This is the practice schedule for the month of October, if there are any changes I will let you know as quickly as possible. Any questions please email coachsteele@aquastormswimming.com.