

JANUARY 2018 PRACTICE SCHEDULE (tentative)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Practice (Happy New Year)	2 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm	3 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm National-5:45-7:15am	4 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm	5 Senior/Nat- 5:45-7:15am	6
7 ASK	8 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm National-5:45-7:15am	9 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm	10 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm National-5:45-7:15am	11 No Practice (High School Meet) Senior/Nat 5:30-7:00am	12 AQST Cat 5	13 AQST Cat 5
14 AQST Cat 5	15 No Practice (everyone needs a recovery day from a long weekend)	16 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm	17 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm National-5:45-7:15am	18 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm	19 Senior/Nat- 5:45-7:15am	20
21	22 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm National-5:45-7:15am	23 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm	24 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm National-5:45-7:15am	25 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm	26 Senior/Nat- 5:45-7:15am	27
28	29 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm National-5:45-7:15am	30 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm	31 Developmental-5:30-6:15pm 6:15-7:00pm Age Group I -5:30-6:30pm Age Group II- 5:30-7:00pm Senior/Nat- 5:30-7:15pm National-5:45-7:15am			

This is the practice schedule for the month of January, there may be changes and if there are I will let you know as quickly as possible. Any questions, please email me at coachsteele@aquastormswimming.com.