



NOVEMBER 2013

Please follow the normal practice schedule unless a change is listed below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated 10/10/13	START OF NOV-FEB PRACTICE SCHEDULE 11/4 (see web site for practice schedule)				1	2 <i>NORMAL Practice Plus Starts & Turns for Pups, Green, White 1:30—3:00 pm</i>
3 <i>Daylight Saving Ends</i>	4	5	6	7	8 Manta Rays Fall Invitational <i>No practice except Pups & White: Normal LP</i>	9 Manta Rays Fall Invitational <i>No Practice</i>
10 Manta Rays Fall Invitational	11	12	13 <i>National: 4-7 Plat: 4:00-6:45 Gold 6:15-8:30 p.m. Bronze: 7:15-9:00 p.m. Blue: 6:15-7:45 p.m. Green: 5:45-6:45 p.m. White: 5:00-6:00 p.m. Pups: 4:30-5:15 p.m.</i>	14	15 <i>Normal Practice</i> DAYTON RAIDERS SWIM MEET	16 <i>Normal Practice</i> DAYTON RAIDERS SWIM MEET IMX EXTREME MEET
17 DR SWIM MEET IMX EXTREME MEET	18	19	20	21	22	23 <i>Normal Practice (see practice schedule online)</i>
24	25	26	27 No School <i>Nat: 7:30 –11:00 a.m. (yoga) 3:00–5:00 p.m. Platinum: 6-7:30 & 1-3 pm Gold: 9:45-11:45 p.m.</i>	28 Thanksgiving Day <i>No Practice</i>	29 No School <i>Nat: 7:30 –11:00 a.m. 3:00–5:00 p.m. Platinum: 6-7:30 & 1-3 pm Gold: 9:45-11:45 p.m.</i>	30 <i>Normal Practice (see practice schedule online)</i>
HOLIDAY PRACTICE SCHEDULE IS TENTATIVE—CHECK BACK FOR UPDATES						
			<i>Teal: 4:45-6:00 pm White, Green, & Pups: Normal Practice</i>		<i>Teal: 4:45-6:00 pm White, Green, & Pups: Normal Practice</i>	