



OCTOBER 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated 10/10/2013		1	2 HOME WATER POLO National: 4-7 pm Plat: 2:30-5 pm Gold: Dryland Only TBA Bronze: 7:45-9 pm Blue: 7:15-8:30 pm Green: 6:30-7:30 p.m. White/Pups: 5:45-6:45	3	4 National 3:30-5:40 p.m. All other groups have Normal practice	5 NORMAL Practice Plus Starts & Turns for Pups, Green, White 1:30—3:00 pm
6	7	8	9 National: 3:40-6:40 pm Plat: 4:00-6:40 pm Gold: 6:15-8:30 pm Bronze: 7:00-8:45 pm Blue: 6:00-7:30 pm Green: 5:45-6:45 pm White: 5:00-6:00 pm Pups: 4:30-5:15 pm	10	11 NO SCHOOL MASON National 3:30-5:40 p.m. All other groups have Normal practice	12 Manta Rays Intersquad Meet Open to all swimmers! Ind. Pictures 7:30 a.m. Team Picture 8:30 a.m. Warm-ups: 9:00 a.m. Meet Start: 10:00 a.m. No Practice except National
13 Ohio Swimming LSC Meeting Columbus (coaches)	14	15	16 PRACTICE CHANGES SAME AS 10/9	17	18 HS WATER POLO National: No Practice Platinum: No practice Bronze: 7:30-8:45 pm Blue: 4:45-6:00 p.m. Teal: 6:30-7:45 p.m. Green: 5:45-6:45 p.m. Pups & White: Normal NKY Clipper Meet	19 HS WATER POLO Blue: 7:45-9:00 am Teal: 7:45-9:00 am Pups: 9:00-10:00 am White & Green 9:45-11 No other groups practice NKY Clipper Meet
20 NKY Clipper Meet	21	22	23	24	25 HOME WATER POLO No practice due to water polo except National: 5:30-6:45 am Blue: 7:15-8:15 dryland only Teal: dryland (TBA-See email)	26 HOME POLO National: 6:30-9:30 a.m. Platinum: 6:30-8:00 am Gold: 8:15-10:00 am Silver: 7:45-9:15 am Bronze 9:00-10:15 am Blue: 9:45-11 am Teal: 10:00-11:15 am Green: 10:45-12:00 White/Pups: 11:00-12:00
27	28	29	30 Natl: 3:30-6:30 Normal Practice except Pups, Green, White, & Blue Halloween Party Small Commons and comp pool 5:45-8 pm	31 HALLOWEEN No Gold, Silver, Teal Platinum: 4-5:30 National: 3:30-6:30		