



JANUARY 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Updated 1-13-12</p> <p>New Year's Day No Practice</p>	<p>2</p> <p>Natl: 8-11:30 a.m. & 3-5 Platinum: 5:50-9 & 12:50-3 Gold: 5:30-7:45 p.m. Silver: 11:15-1:00 p.m. Bronze: 11:45-1:15 p.m. Blue: 4:45-6:00 p.m. Green: 5:45-7:00 p.m. White: 5:00-6:00 p.m. Pups: 4:20-5:15 p.m.</p>	<p>3</p> <p>Resume Normal Practice Schedule</p> <p>Except:</p> <p>SwimFit: 10&U No Practice SwimFit: 11&O 1:15-2:45</p>	<p>4</p>	<p>5</p> <p>National: 3:30-6:30</p>	<p>6</p> <p>Mason HS Meet Nat & Platinum: 3-5 p.m. Blue: 4:45-5:30 p.m. (comp) Green: 4:00-4:45 (comp) White 5:05-5:45 (LP) Pups: 4:25-5:05 SwimFit 11&O=On Saturday 1/7</p>	<p>7</p> <p>Normal Saturday Practice Plus SwimFit 11&Over 12:45-2:15 p.m.</p>
<p>8</p>	<p>9</p> <p>Middle School Meet</p> <p>Normal Practice National 3-6:00 p.m.</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>National: 3:30-6:30</p>	<p>13</p> <p>NKY Clipper Mid Winter Invite Normal Practice All Groups</p>	<p>14</p> <p>NKY Clipper Mid Winter Invite Time Standards (except 8 & U) No Practice all groups <u>HS CLASSIC @ MASON</u></p>
<p>15</p> <p>NKY Clipper Mid Winter Invite Time Standards (except 8 & U)</p> <p><u>SwimFit: Cancelled</u> <u>Monday 1/16 Make-Up</u></p> <p><u>HS CLASSIC MEET @ MASON</u></p>	<p>16 ATTENDANCE PIZZA PARTY</p> <p>Nat: 9:00-11:00 a.m. Platinum: 8-10 a.m. Gold: 3:30-5:15 p.m. Platinum & Gold LAZER KRAZE 1:30-3:30 p.m. Silver: 2:00-3:30 p.m. Bronze: 2:15-3:30 p.m. Blue: 1:00-2:15 p.m. Green: 6:00-7:15 p.m. White: 5:00-6:00 p.m. No Pups Practice SwimFit: 1:30-2:00 8 & U SwimFit: 1:30-2:15 9-10's SwimFit: 12-1:30 11& Over</p>	<p>17</p>	<p>18</p> <p>NOVACARE PT ON SITE 4:00-6:00 PM</p>	<p>19</p>	<p>20</p>	<p>21</p> <p>Normal Saturday Practice</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27 Mason HS Meet Nat & Platinum: 3-5 p.m. Blue: 4:45-5:30 p.m. (comp) Green: 4:00-4:45 (comp) White 5:05-5:45 (LP) Pups: 4:25-5:05 SwimFit 11&O=On Saturday LP = Leisure Pool</p>	<p>28</p> <p>Normal Saturday Practice Plus SwimFit 11&Over 12:45-2:15 p.m. HS MEET @ 2:30 TBA</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>THE ATTENDANCE PIZZA PARTY WITH THE COACHES WILL BE HELD ON MARTIN LUTHER KING DAY JANUARY 16 FROM 11:15 A.M. TO 12:15 P.M. AT THE MASON LAROSAS ON ROUTE 42. THE WINNERS (TOP TWO ATTENDANCE FROM EACH GROUP) WILL BE ANNOUNCED AND POSTED BY WEDNESDAY, JANUARY 11</p>			