



JULY 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>USA Olympic Trials Omaha</i>	2 <i>USA Olympic Trials Omaha</i>	3	4 <i>Independence Day No practice all groups except National: 8-11 Platinum: 6-9 am Var: 7-9 am LEMP Silver: 10:15-11:45</i>	5	6	7 <i>Updated 7/23/12</i>
8	9	10	11	12	13 <i>Plat: 6-8a National: 8-10:30 am Blue: 10-11 am Brz/Slv/Gld combined: 11-12:30 p HS Varsity: See coach Ohio Regional Championships</i>	14 <i>Plat/Gold: 6-8:00 am National: 7:00-9:30 am HS Varsity: 9:15-11:15 am No Gold Practice Ohio Regional Championships St. X High School</i>
15 <i>Ohio Regional Championships St. X High School</i>	16	17	18 <i>Last Day of Practice For Gold, Silver, Bronze, White, Green and Blue</i>	19 <i>Ohio Junior Olympics Miami University Ohio JO Time or better Plat/Natl: 8-10:15 Zone Team & JO'ers Practice: 10-11:30 a.m.</i>	20 <i>Ohio Junior Olympics Miami University Ohio JO Time or better Plat/Natl: 8-10:15 Zone Team & JO'ers Practice: 10-11:30 a.m.</i>	21 <i>Ohio Junior Olympics Miami University Ohio JO Time or better BECKETT RIDGE INVITE Plat & National: 8-10</i>
22 <i>Ohio Junior Olympics Championships Time Standards Ohio State Time or better Miami University</i>	23 <i>HS Varsity 7-9 am National 8:30-10:30 am Platinum: 6-8 am Zone: 11a-1pm No practice for all other groups</i>	24 <i>Plat: 11:00-1:00p National: 8:30-10a HS Varsity: 7-8:30a Zone: 11a-1pm No practice for all other groups</i>	25 <i>Plat: 1:00-3:00 pm National: 8:30-10:00 HS Varsity: 7-8:30a Zone: 11a-1pm No practice for all other groups</i>	26 <i>Ohio Senior Championships Kenyon College Sr Meet Practice: 10-11 (leave 12:30 pm) Zone Team Practice: 8-9:30 a.m.</i>	27 <i>Ohio Senior Championships Kenyon College Zone Team Practice: 8-9:30 a.m.</i>	28 <i>Ohio Senior Championships Kenyon College Zone Team Practice: 8-9:30 a.m.</i>
29 <i>Ohio Senior Championships Kenyon College</i>	30 <i>Zone & Sectional Team Practice: 8-9:30 a.m.</i>	31 <i>TRYOUTS(see web) Senior Sectional Championships Oxford Zone & Sectional Team Practice: 8-9:30 a.m.</i>	1 <i>Senior Sectional Championships Oxford Zone & Sectional Team Practice: 8-9:30 a.m.</i>	2 <i>Senior Sectional Championships Oxford Zone Team Practice: 8-9:30 a.m.</i>	3 <i>Senior Sectional Championships Oxford Zone Practice: 8-9:30 a.m.</i>	4 <i>Zone Practice: 8-9:30 a.m.</i>