



OCTOBER 2010

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated 9/21/10					1	2
TENTATIVE CLENDAR: SUBJECT TO CHANGE BASED ON CONSTRUCTION CLOSURES					National 3:30-5:40 p.m.	2 NORMAL Practice Starts & Turns for Pups, Green, Blue (AT 1:00 PM)
3	4	5	6	7	8	9
Ohio Swimming Meeting (coaches)			6 HOME WATER POLO <i>Plat: 2:30-5:00 pm</i> <i>National: 3 - 6:00 p.m.</i> <i>White: 5:05-5:45 p.m.</i> <i>Green 5:45-6:45 p.m.</i> <i>Blue 6:30-7:45 p.m.</i> <i>Bronze: 7:30-9:00 p.m.</i> <i>Gold: 6:45-8:30 p.m.</i> <i>Gold =Dryland Only</i>		National 3:30-5:40 p.m. All other groups have Normal practice	Manta Rays Intersquad Meet Open to all swimmers! <i>Ind. Pictures 7:30 a.m.</i> <i>Team Picture 8:30 a.m.</i> <i>Warm-ups: 9:00 a.m.</i> <i>Meet Start: 10:00 a.m.</i>
10	11	12	13	14	15	16
					15 HS WATER POLO <i>National: 3:00-5:30 p.m.</i> <i>Platinum: 4:00-6:00 p.m.</i> <i>Pups: 4:25-5:05 p.m.</i> <i>White: 5:05-5:45 p.m.</i> <i>Green 5:45-6:30 p.m.</i> <i>Blue 6:15-7:15 p.m.</i> <i>Bronze: 7:00-8:30 p.m.</i>	16 HOME WATER POLO <i>National: 6:00-9:00 a.m.</i> <i>Platinum: 7:00-9:15 a.m.</i> <i>Gold: 8:45-10:45 a.m.</i> <i>Bronze : 10:30-11:45 a.m.</i> <i>Blue: 11:30 -12:30</i> <i>Green: 12:15-1:15 p.m.</i> <i>White: 1:15-2:00 p.m.</i> Silver: Amazing Race
17	18	19	20	21	22	23
					22 HOME WATER POLO Sycamore Meet <i>National: 3:30-5:00 p.m.</i> <i>Platinum: 4:00-5:15 p.m.</i> <i>(Platinum Dryland Only)</i> <i>Bronze &Pups: No Practice</i>	23 HOME WATER POLO NO PRACTICE! NKY Clipper Meet Val Lyons
24	25	26	27	28	29	30
Sycamore Meet NKY Clipper — <hr/> 31 HALLOWEEN						Halloween Party for Pups/White/Green 11:30-1:30