



OCTOBER 2011

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated 9/27/11						1 NORMAL Practice Plus Starts & Turns for Pups, Green, White 1:30 pm
2 Ohio Swimming Meeting (coaches)	3	4 TEAM PARTY: SEE WEB SITE FOR DETAILS!!! National: 3-5:30 p.m. Plat: 2:30-5:30 pm Plat = Swim 1st Gold: No Practice Silver: 7:30-8:30 p.m.	5	6	7 National 3:30-5:40 p.m. All other groups have Normal practice	8 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
9	10	11 NovaCare Shoulder Screening During Practice (Nat, Platinum, Gold)	12	13	14 NO SCHOOL MASON HS WATER POLO National: 3:00-5:40 p.m. Platinum: 4:00-6:00 p.m. Pups: 4:25-5:05 p.m. White: 5:05-5:45 p.m. Green 5:45-6:30 p.m. Blue 6:15-7:15 p.m. Bronze: 7:00-8:30 p.m.	15 HOME WATER POLO National: 6:00-9:00 a.m. Platinum: 6:00-8:00 a.m. Gold: 8:00-10:00 a.m. Silver: 10:45-12:30 Bronze : 9:45-11:00 a.m. Blue: 9:00-100 am Green: 12:15-1:15 p.m. White: 1:15-2:00 p.m. Pups: 2:00-2:45 p.m.
16	17	18	19	20	21 HOME WATERPOLO Sycamore Meet National: 3:30-5:30 p.m. Platinum: NO PRACTICE Bronze & Pups: No Practice White: 4:25-5:00 p.m. (LP) Green 4:45-5:30 p.m. (LP) Blue: 5:15-6:00 p.m. (LP) Bronze: No Practice	22 HOME POLO Pups: 9:00-9:45 am White, Green, & 11 & Over SwimFit: 9:45-11 No other groups practice NKY Clipper Meet Val Lyons Sycamore Meet
23 Sycamore Meet NKY Clipper	24	25	26	27	28	29 National: 7:00-10:00 Platinum: 7:00-9:00 a.m. Gold: 10:00-12:00 Silver: 8:45-10:30 a.m.. Bronze : 10:15-11:45 a.m. Blue: 9:00-10:15 a.m. Halloween Party for Pups/ White/Green 11:30-1:30
30	31 HALLOWEEN					