



# OCTOBER 2012

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated 10/10/12	1	2 <i>NovaCare Shoulder Screening During Practice (Nat, Platinum, Gold)</i>	3 <i>NovaCare Shoulder Screening During Practice (Nat, Platinum, Gold)</i>	4	5 <b>National 3:30-5:40 p.m. All other groups have Normal practice</b>	6 <i>NORMAL Practice Plus Starts &amp;Turns for Pups, Green, White 2:45 pm</i>
7	8	9	10 <b>Home Water Polo</b> <i>National: 3:30-6:30 p.m. Platinum: 4-5:30 dryland only Gold: 7:15-9:00 p.m. Brz: 6:15-7:30 p.m. Blue: 7:45-9 p.m. Green: 5:30-6:30 p.m. White &amp; Pups: 4:45-5:45 p.m.</i>	11	12 <b>NO SCHOOL MASON</b>  <i>National 3:30-5:40 p.m. All other groups have Normal practice</i>	13 <b>Manta Rays Intersquad Meet</b> <b>Open to all swimmers!</b> <i>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</i>
14 <b>Ohio Swimming LSC Meeting Columbus (coaches)</b>	15	16	17 <i>National: 4-7 Plat: 4:45-6:45 Gold 6:30-8:30 p.m. Bronze: 7:30-9:00 p.m. Blue: 6:30-7:45 p.m. Green: 5:45-6:45 p.m. White: 5:00-6:00 p.m. Pups: 4:30-5:15 p.m.</i>	18	19 <b>HS WATER POLO</b>  <i>National: 3:30-5:30 p.m. Platinum: 4-5:30 dryland only 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 &amp; White: Normal</i> <b>NKY Clipper Meet</b>	20 <b>HS WATER POLO</b>  <i>Blue: 7:45-9:00 am Teal: 7:45-9:00 am Pups: 9:00-10:00 am White &amp; Green 9:45-11 No other groups practice</i> <b>NKY Clipper Meet</b>
21 <b>NKY Clipper Meet</b>	22	23	24	25	26 <b>HOME WATER POLO</b>  <b>TEAM TIE DYE T-SHIRT &amp; PIZZA PARTY</b> <i>4:45-6:45 p.m. High School Small Commons No practice due to water polo</i>	27 <b>HOME POLO</b> <i>National: 6:30-9:30 a.m. Platinum: 7-8:30 a.m. Gold: 9:15-11 a.m. Silver: 8:15-10 am Bronze 9:45-11:15 am Blue: 8:15-9:30 am Teal: 10:45-12:00 Green: 11:00-12:00 p.m. White: 8:45-9:30 am (lp) Pups: 10:00-10:45 am (lp)</i>
28 <i>Pups, Green, White, &amp; Blue Halloween Party 1:00-3:30 Small Commons and comp pool</i>	29 <i>Begin Winter Practice (see web site)</i>	30	31 <b>HALLOWEEN</b> <b>No Gld, Slv, Brz Grn, Wht, Pups Platinum: 4-5:30</b>			