November 2017

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  |  | Tryouts 230-330p  Varsity 330-430p | Swim 630-8a |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | NO PRACTICE | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | Lift 6-7a\*  Swim 230-430p | Swim 630-8a  Lift\* 830-930a |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | Swim 230-430p | Swim 630-8a  Lift\* 830-930a |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | **Swim/Lift TBD**  **MEET BLUE/WHITE 615p** | THANKSGIVING  NO PRACTICES | Swim 7-9a  Swim 230-430\*\* | Swim 630-8a  Lift\* 830-930a |
| 26 | 27 | 28 | 29 | 30 |  |  |
|  | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p |  |  |

December 2017

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Swim 230-430p | Swim 630-8a  Lift\* 830-930a  **MEET V. HHS 615p** |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  **MEET @MHS/SHS 4p** | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | Swim 230-430p | Swim 630-8a  Lift\* 830-930a |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | Lift\* 6-7a  **Sprint Invite @ Strongsville 7pm** | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | Swim 230-430p | **MEET @ WINTER CHAMPS 10A** |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | Lift\* 6-7a  Swim 230-430p | Swim 530-7a\*\*  Swim 230-430p  Dryland 445-515p | Swim 6-8a  **MEET V. BBHHS 6p** | Swim6-8a  Lift TBD  Swim 230-430p\*\* | Swim 6-8a  Swim 230-430p\*\* | Swim 630-8a  Lift\* 830-930a |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | CHRISTMAS DAY  NO PRACTICE | Swim 6-8a  Dryland 815-845a  Swim 230-430p\*\* | Swim 6-8a  Lift\* TBD  Swim 230-430p\*\* | Swim 6-8a  Dryland 815-845a  **MEET @ NRHS/NHS 4P** | Swim 6-8a  Swim 230-430p\*\* | Swim 630-8a  Lift\* 830-930a  **MEET @ GWM RELAYS 545p** |
| 31 |  |  |  |  |  |  |
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