

Thanksgiving Week Practice

**NOVEMBER 22- 28, 2021**

**ALL PRACTICES ARE AT RIDGWAY SWIM CENTER. NO JC PRACTICES THIS WEEK.**

**ELITE Dan Greaves**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DL				X	X	X
AM	7:00-9:30 AM @ R	7:00-9:00AM @ R	7:00-9:30 AM @ R	X	X	7:00 - 9:00 AM @ R
PM	X	X	X	X	X	X

**BLACK Tony Scott**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DL	X	X	X	X	X	X
AM	7:00-9:30 AM @ R	7:00-9:00AM @ R	7:00-9:30 AM @ R	X	X	7:00-9:00 AM @R
PM	X	X	X	X	X	X

**GOLD Tyler Denize**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	5:30-7:00 PM @ R	5:45-7:15 PM @ R	X	X	X	X

**BLUE Tyler Denize**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
PM	3:45-5:15 @ R	4:30-5:45 @ R	1:00-2:30 PM @ R	X	X	X	7:00-8:30 AM @ R

**BRONZE 3 Tyler Denize**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	5:30 -7:00 @ R	5:30-7:00 @ R	X	X	X	X

<b>SILVER Lizzy Thiele</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	5:30-7:00 @ R	5:30-7:00 @ R	X	X	X	X
<b>WHITE Tony Scott</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	3:45-5:00 @ R	X	1:00-2:00 PM @ R	X	X	X
<b>RED 2 Dan Greaves</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	3:45-4:45 @ R	X	1:00-2:00 PM @ R	X	X	X
<b>BRONZE 2 Lizzy Thiele</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	4:45-5:30 @ R	X	X	X	X	X
<b>RED 1 Hannah DeRousseu</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	x	3:45-4:30 @ R	X	X	X	X
<b>BRONZE 1 Lizzy Theile</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	X	3:45-4:30 @ R	X	X	X	X
<b>SEAHORSE 2 Hannah DeRousseu</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	X	4:30-5:00 @ R	X	X	X	X

<b>SEAHORSE 1 Hannah DeRousseu</b>							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
PM	X	5:00-5:30 @ R	X	X	X	X	