

TWST November 2022

Practice Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
	HALLOWEEN @NAT Nat/PB *3:20-5:30pm PG /SC 4-5:30pm @FORESTGATE FW/FG/FB Clinics 4-5pm *AGF OFF*	@NAT HS Meet 5:15 NAT / PB 3:45-5:15pm @FORESTGATE PG 3:30-4:45pm CG 4:45-5:45pm CB *5:20-7pm AGF 7-8pm ***** *FW, FG, FB and SC OFF*	@NAT Nat *3:20-6pm PB *3:20-5:45pm PG 4-6:30*pm CG *5:15-7pm CB 5:45-7pm AGF 6-7pm SC 6-7:15pm Gators 7:15-8:15pm @FORESTGATE FW 4-4:45pm OR 6-6:45pm FG 4-5pm OR 6-7pm FB 4:45-6pm	@NAT Nat 4-6pm PB 4-5:45pm PG *3:20-5:45pm CG 5:45-7pm CB *5:15-7pm AGF 6-7pm SC 6-7:15pm Gators 7:15-8:15pm @FORESTGATE FW 4-4:45pm OR 5-5:45pm FG 4-5pm OR 5-6pm FB 5:45-7pm	@NAT Nat *3:20-6pm PB *3:20-5:45pm PG 4-5:45pm CG / CB 5:45-7pm AGF 6-7pm SC *5:30-7pm @FORESTGATE FW 5:30-6:15pm FG 5:30-6:30pm FB 4:30-5:30pm	@NAT Full Blackout @CREEKWOOD Nat/PB/PG 7-9am @FORESTGATE SC/AGF 9-10:15am CB 10:15-11:45am CG 11:45-1pm
6	7	8	9	10	11	12
	@NAT Nat *3:20-6pm PB *3:20-5:45pm PG 4-5:45pm CG 5:45-7pm CB *5:15-7:15pm AGF 6-7pm Gators 7:15-8:15pm @FORESTGATE FW 4-4:45pm OR 6-6:45pm FG 4-5pm OR 6-7pm FB 4:45-6pm @SAWMILL SC 5:30-7pm	@NAT HS Meet 5:15 NAT / PG 3:45-5:15pm @FORESTGATE FG / FW 4-4:45pm FB 4:45-5:30pm CG 5:30-6:45 CB *6:15-8pm @SAWMILL PB 3:30-5pm SC 5-6:15pm AGF 6:15-7:15pm Gators 7:15-8:15pm	@NAT Nat *3:20-6pm PB *3:20-5:45pm PG 4-5:45pm CG *5:15-7pm CB 5:45-7:15pm AGF 6-7pm Gators 7:15-8:15pm @FORESTGATE FW 4-4:45pm OR 6-6:45pm FG 4-5pm OR 6-7pm FB 4:45-6pm @SAWMILL SC 5:30-7pm	@NAT HS Meet 5:15 NAT / PB 3:45-5:15pm @FORESTGATE FG / FW 4-4:45pm FB 4:45-5:30pm CG 5:30-6:45 CB *6:15-8pm @SAWMILL PG 3:30-5:45*pm SC 5-6:15pm AGF 6:15-7:15pm Gators 7:15-8:15pm	FCST MEET @NAT Nat/PB/PG 4-5:45pm CB/CG/SC/AGF 5:45-7pm @FORESTGATE FW 5:30-6:15pm FG 5:30-6:30pm FB 4:30-5:30pm <i>**Nat practices may be combined or adjusted due to the meet schedule**</i>	FCST MEET
13	14	15	16	17	18	19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FCST MEET	@NAT Nat *3:20-6pm PB *3:20-5:45 PG 4-5:45pm CG 5:45-7pm CB *5:15-7:15pm AGF 6-7pm Gators 7:15-8:15pm @FORESTGATE FW 4-4:45pm OR 6-6:45pm FG 4-5pm OR 6-7pm FB 4:45-6pm @SAWMILL SC 5:30-7pm	@NAT HS Meet 5:15 NAT / PG 3:45-5:15pm @FORESTGATE FG / FW 4-4:45pm FB 4:45-5:30pm CG 5:30-6:45 CB *6:15-8pm @SAWMILL PB 3:30-5pm SC 5-6:15pm AGF 6:15-7:15pm Gators 7:15-8:15pm	@NAT Nat *3:20-6pm PB *3:20-5:45pm PG 4-5:45pm CG *5:15-7pm CB 5:45-7:15pm AGF 6-7pm Gators 7:15-8:15pm @FORESTGATE FW 4-4:45pm OR 6-6:45pm FG 4-5pm OR 6-7pm FB 4:45-6pm @SAWMILL SC 5:30-7pm	@NAT Full Blackout @FORESTGATE Nat 3:30-5pm PB 5-6:30pm CB 6:30-7:45pm @SAWMILL PG 3:30-5:45*pm CG 5-6:15pm SC 6:15-7:45pm ***** *All Foundation Groups: FW, FG, FB and AGF OFF*	@NAT Full Blackout @FORESTGATE Nat 3:30-5pm FW/FG/FB 5-8pm @SAWMILL PG 3:30-5pm PB 5-6:30pm AGF 6:30-8pm ***** *All Challenge Groups: SC, CG and CB OFF*	@NAT Nat / PB / PG / SC 7-9am CB / CG / AGF 9-10:30am
20	21	22	23	24	25	26
	@NAT Nat/PB/PG/SC 6-8am CB/CG/AGF 10-11:30am Dev Groups 10-noon	@NAT Nat/PB/PG/SC 6-8am CB/CG/AGF 10-11:30am Dev Groups 10-noon	@NAT Nat/PB/PG/SC 6-8am TWST DASH & SPLASH <i>for 12 U swimmers</i> 10-11:30am	THANKSGIVING - we are thankful for YOU!	@NAT Nat/PB/PG/SC 8-10am CG/CB/AGF 10-11:30am Dev Groups 10-noon	@NAT Nat / PB / PG / SC 7-9am CB / CG / AGF 9-10:30am
27	28	29	30			
	@NAT Nat *3:20-6pm PB *3:20-5:45pm PG 4-5:45pm CG 5:45-7pm CB *5:15-7:15pm AGF 6-7pm Gators 7:15-8:15pm @FORESTGATE FW 4-4:45pm OR 6-6:45pm FG 4-5pm OR 6-7pm FB 4:45-6pm @SAWMILL SC 5:30-7pm	@NAT HS Meet 5:15 NAT / PG 3:45-5:15pm @FORESTGATE FG / FW 4-4:45pm FB 4:45-5:30pm CG 5:30-6:45 CB *6:15-8pm @SAWMILL PB 3:30-5pm SC 5-6:15pm AGF 6:15-7:15pm Gators 7:15-8:15pm	@NAT Nat *3:20-6pm PB *3:20-5:45pm PG 4-5:45pm CG *5:15-7pm CB 5:45-7:15pm AGF 6-7pm Gators 7:15-8:15pm @FORESTGATE FW 4-4:45pm OR 6-6:45pm FG 4-5pm OR 6-7pm FB 4:45-6pm @SAWMILL SC 5:30-7pm			