



AUGUST 2010

For more information, visit: SPARTANSWIMMINGDIVING.COM

SUN	MON	TUE	WED	THU	FRI	SAT
<p>8</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> REMINDER: Starting August 11 Bring running shoes & shorts for running & dryland. </div> <p>Week 1</p>	<p>9</p> <p>Registration/Forms Drop-off Day @ 6-7 PM @ JMM Cafeteria</p>	<p>10</p> <p>PRACTICE STARTS 6:30-7:00 - Meeting 7:00-9:45 - Practice Time Trial - 500 Free</p>	<p>11</p> <p>6:30-9:45 @ JMM</p> <p>Time Trials 200 IM 50 Free</p>	<p>12</p> <p>6:30-9:45 @ JMM</p> <p>Time Trials 100 Back 100 Breast</p>	<p>13</p> <p>6:30-9:45 @ JMM</p> <p>Time Trials 100 Fly 100 Free</p>	<p>14</p> <p>6:30-9:45 @ JMM</p> <p>Time Trial 200 Free</p>
<p>15</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> JMM= Memorial Pool Bold= Home Meet or please make note time/place/event </div> <p>Week 2</p>	<p>16</p> <p>6:30-9:45 @ JMM</p> <p>Freestyle Work Videotape</p> <p>Ice Cream Social-Garcia's</p>	<p>17</p> <p>6:30-9:45 @ JMM</p> <p>Team Meeting @ End of Practice</p>	<p>18</p> <p>6:30-9:45 @ JMM</p> <p>Backstroke Work Videotape</p>	<p>19</p> <p>6:30-9:45 @ JMM</p> <p>Breaststroke Work Videotape</p>	<p>20</p> <p>6:30-9:45 @ JMM</p> <p>Butterfly Work Videotape</p>	<p>21</p> <p>PCN Potluck-Beecher's 7:30-9:45 @ JMM Start/Turn Work</p> <p>Alumni Meet WARMUPS @ 3:45 PM STARTS @ 5:00 PM</p>
<p>22</p> <p>Guy/Girl Picnic @ Ridgewood Pool</p> <p>Week 3</p>	<p>23</p> <p>6:30-9:45 @ JMM</p> <p>I.M. Work</p>	<p>24</p> <p>6:30-9:45 @ JMM</p> <p>Distance Free Work</p>	<p>25</p> <p>JMM Biathlon 7:00 or 7:30 AM Arrival Until ~9:45 AM</p> <p>Spartan Card Blitz Night @ 4:00 PM</p>	<p>26</p> <p>6:30-9:45 @ JMM</p> <p>Underwater & BC Work</p>	<p>27</p> <p>7:30-9:45 @ JMM</p> <p>@ Madison East LEAVE @ 3:15 PM STARTS @ 5:00 PM</p>	<p>28</p> <p>@ EC Relay Meet (@ UW-Eau Claire) LEAVE @ 7:30 AM STARTS @ 12:30 PM</p>
<p>29</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> All practices are AM unless specified. </div> <p>Week 4</p>	<p>30</p> <p>6:30-9:45 @ JMM</p> <p>Cond. Program Demo</p>	<p>31</p> <p>6:30-9:45 @ JMM</p> <p>FRESHMEN CODE MEETING in Aud @ 7 PM (Rm. 200 after)</p>	<p>Sept. 1</p> <p>SCHOOL STARTS NO AM-FRESHMAN</p> <p>Start Regular AM/PM School Practices</p>	<p>2</p> <p>NO AM PRACTICE</p> <p>JUNIOR CODE MEETING in Aud @ 7 PM</p>	<p>3</p> <p>Madison West STARTS @ 5 PM</p>	<p>4</p> <p>AM Practice @ JMM - 6:45-9:00</p>