

SENIOR SHARKS : PRE-SEASON PRACTICE SCHEDULE : AUG. 31 – NOV. 5, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:20 a.m. Technique Sessions and Extra Practices	5:45 – 7:20 a.m. Extra Practices	6:00 – 7:20 a.m. Technique Sessions and Extra Practices	5:45 – 7:20 a.m. Extra Practices	6:00 – 7:20 a.m. Technique Sessions and Extra Practices	7:00 – 8:15 a.m. Extra Practices
3:45 – 6:15 p.m. Senior Group	3:45 – 5:45 p.m. Senior Group	3:45 – 6:15 p.m. Senior Group	3:45 – 5:45 p.m. Senior Group	3:45 – 6:00 p.m. Senior Group	8:30 – 10:30 a.m. Senior Group

No practice on September 7, 19, and 28.

Early A.M. Practice (5:45 – 7:20 a.m.) will begin September 14.

SENIOR SHARKS : POST-SEASON PRACTICE SCHEDULE : MARCH 1 – JUNE 12, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:20 a.m. Technique Sessions and Extra Practices	5:45 – 7:20 a.m. Extra Practices	6:00 – 7:20 a.m. Technique Sessions and Extra Practices	5:45 – 7:20 a.m. Extra Practices	6:00 – 7:20 a.m. Technique Sessions and Extra Practices	7:00 – 8:15 a.m. Extra Practices
3:45 – 5:45 p.m. Senior Group	3:45 – 5:45 p.m. Senior Group	3:45 – 5:45 p.m. Senior Group	3:45 – 5:45 p.m. Senior Group	3:45 – 5:45 p.m. Senior Group	9:00 – 10:30 a.m. Senior Group

No practice March 27, April 2, 3, 5, and May 31

SENIOR SHARKS : SUMMER PRACTICE SCHEDULE : JUNE 14 – JULY 31, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 – 7:45 a.m. Senior Group Thornton Pool	5:45 – 7:45 a.m. Senior Group Thornton Pool	5:45 – 7:45 a.m. Senior Group Thornton Pool	5:45 – 7:45 a.m. Senior Group Thornton Pool	5:45 – 7:45 a.m. Senior Group Thornton Pool	7:15 – 8:45 a.m. Senior Group Thornton Pool
3:00 – 5:00 p.m. Technique Sessions and Extra Practice Woodbury Pool	3:00 – 5:00 p.m. Technique Sessions and Extra Practice Woodbury Pool	3:00 – 5:00 p.m. Technique Sessions and Extra Practice Woodbury Pool	3:00 – 5:00 p.m. Technique Sessions and Extra Practice Woodbury Pool	3:00 – 5:00 p.m. Technique Sessions and Extra Practice Woodbury Pool	

Morning long course practices will start June 1.

NOTE: Bring t-shirt, shorts and tennis shoes to all practices!