

**SENIOR SHARKS : PRE-SEASON PRACTICE SCHEDULE : SEPT 4 – NOV. 3, 2007**

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

No practice on September 13<sup>th</sup>.

Early A.M. Practice (5:45 – 7:20 a.m.) will begin September 24.

**SENIOR SHARKS : POST-SEASON PRACTICE SCHEDULE : FEB 25 – JUNE 15, 2008**

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

No practice March 21, 22, 29, April 4, 5, and May 26

**SENIOR SHARKS : SUMMER PRACTICE SCHEDULE : JUNE 16 – JULY 26, 2008**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
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 could start as early as May 27.

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