



# September 2008

There is no glory in practice, but without practice there is no glory

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Labor Day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	New Swimmer FREE Trial Period - Sept 15 thru Sept 26					
<b>7</b>	<b>8</b> Practice begins For returning swimmers except Freshman	<b>9</b>	<b>10</b>	<b>11</b> No practice @ CVHS	<b>12</b>	<b>13</b>
<b>14</b> NO practice @ YMCA	<b>15</b> Freshman practice begins	<b>16</b> Jr/Sr practice @ LCN (Jr 5- 6:30, Sr 5-7)	<b>17</b>	<b>18</b> No practice @ CVHS	<b>19</b>	<b>20</b>
<b>21</b> NO practice @ YMCA	<b>22</b>	<b>23</b> Jr/Sr practice @ CVHS	<b>24</b>	<b>25</b> Jr/Sr practice @ LCN (Jr 6:30-8, Sr 6-8)	<b>26</b>	<b>27</b>
<b>28</b> NO practice @ YMCA	<b>29</b>	<b>30</b>				

## (UNEXPECTED CANCELLATIONS MAY OCCUR)

<b><u>Freshman</u></b>	Monday	6:45 – 7:45	YMCA
	Wednesday	6:45 – 7:45	YMCA
	Thursday	6:45 – 7:45	YMCA
	Sunday	6:00 – 7:00	YMCA
<b><u>Sophomore</u></b>	Monday	6:00 – 7:15	Mt. Clemens H.S.
	Wednesday	6:00 – 7:15	Mt. Clemens H.S.
	Friday	6:00 – 7:30	CVHS
	Sunday	6:00 – 7:00	YMCA
<b><u>Junior</u></b>	Monday	7:15 – 8:45	Mt. Clemens H.S.
	Tuesday	6:00 – 7:30	Dakota
	Wednesday	7:15 – 8:45	Mt. Clemens H.S.
	Thursday	6:00 – 7:30	CVHS
	Friday	6:00 – 8:00	CVHS
	Sunday	7:00 – 9:00	YMCA
<b><u>Senior</u></b>	Monday	5:00 – 7:30	LCN
	Tuesday	6:00 – 8:00	Dakota
	Wednesday	5:00 – 7:30	LCN
	Thursday	6:00 – 8:00	CVHS
	Friday	5:00 – 7:30	LCN
	Sunday	7:00 – 9:00	YMCA