



January 2009

Revised 1-07-09



*** USA MEETS** *The first half of the race, swim with your MRND...*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 NO PRACTICE	2	3
Friday's Sophomore/Junior Practice now at CVHS						
4 Resume Normal Practice Schedule	5	6 Jr/Sr practice @ Mt.Clemens Jr: 5:30 – 7:00 Sr: 7:00 – 9:00	7	8	9 *BAC High Point	10 *BAC High Point
11 *BAC High Point	12	13	14	15 Jr/Sr @ LCN Jr: 6:00 – 7:30 Sr: 6:00 – 8:00	16	17 Marlin Invitational @ LCN
18 Marlin Invitational @ LCN	19 All practices cancelled except Seniors @ LCN	20	21	22	23	24 BWO Dual Meet @ LCN
25	26	27 Jr/Sr practice @ Mt.Clemens Jr: 5:30 – 7:00 Sr: 7:00 – 9:00	28	29	30	31

(UNEXPECTED CANCELLATIONS MAY OCCUR)

<u>Freshman</u>	Monday	6:45 – 7:45	YMCA
	Wednesday	6:45 – 7:45	YMCA
	Thursday	6:45 – 7:45	YMCA
	Sunday	6:00 – 7:00	YMCA
<u>Sophomore</u>	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
<u>Junior</u>	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
<u>Senior</u>	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