



\*USA Meet

# November 2009



Friday Sophomore/Jr practice now at CVHS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Marlin Marathon @ YMCA	2	3 Jr/Sr practice @ CVHS	4	5	6	7 YPAC Invitational - AWAY
8 YPAC Invitational - AWAY	9	10 Jr/Sr practice @ CVHS	11 Team Pictures Indiv - 5:15 Team - 6:45	12	13 *Swim your own age - AWAY	14 *Swim your own age - AWAY
15 *Swim your own age - AWAY	16	17 Jr/Sr practice @ CVHS	18	19	20	21
22	23	24 Jr/Sr practice @ CVHS	25	26 Thanksgiving NO PRACTICE	27 Thanksgiving NO PRACTICE	28
29	30					

(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	CVHS
	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	CVHS
	Wednesday	5:00 – 7:30	LCN
	Thursday	6:00 – 8:00	CVHS
	Friday	5:00 – 7:30	LCN
	Sunday	7:00 – 9:00	YMCA