



December 2009



Swimming is 50% talent and 50% heart

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; background-color: yellow; padding: 2px; display: inline-block;">Friday Sophomore/Jr practice at CVHS</div>		1 Jr/Sr practice @ CVHS	2	3	4	5 Tri-Meet (away)
6	7	8 Jr/Sr practice @ CVHS	9	10	11 Holiday Fun Party @ LCN <i>No Practice</i>	12 FFYS Holiday Invitational
13 FFYS Holiday Invitational	14	15 Jr/Sr practice @ Dakota	16	17	18	19
20	21	22	23	24	25	26
Watch for Holiday Schedule						
27	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	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
<u>Senior</u>	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