

AG1 & Stroke Development Practice Schedule

February 2012



To build and maintain a highly successful community centered competitive swim program using sound business, teaching, and training principles, while focusing on the importance of athletes developing character, personal responsibility, and self-discipline in the pursuit of excellence in swimming and in life.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 AG1: 5:45-7:30p	2 SD: 5:00-6:15p AG1: 5:45-6:15p DL 6:15-7:45p	3 SD: 5:45-7:00p AG1: 5:45-7:30p	4 SD: 8:30-10:00a AG1: DL 8:30-9:00a P 9:00-10:30a
5	6 SD: 5:45-7:00p AG1: 5:45-7:30p	7 SD: 5:00-6:15p AG1: 5:45-6:15p DL 6:15-7:45p P	8 AG1: 5:45-7:30p	9 SD: 5:00-6:15p AG1: 5:45-6:15p DL 6:15-7:45p	10 <i>All groups @ METCALF</i> SD: 5:45-7:00p AG1: 5:45-7:30p <i>DCST Winter Classic Dekalb, IL</i>	11 NO PRCTICE
12 <i>DCST Winter Classic</i>	13 <i>@ WEST</i> AG1 & SD: 6:00-7:30p	14  SD: 5:00-6:15p AG1: 5:45-6:15p DL 6:15-7:45p	15 AG1: 5:45-7:30p	16 SD: 5:00-6:15p AG1: 5:45-6:15p DL 6:15-7:45p	17 SD: 5:45-7:00p AG1: 5:45-7:30p	18 SD: 8:30-10:00a AG1: DL 8:30-9:00a P 9:00-10:30a
19 PAWW Last Chance SC	20 SD: 5:45-7:00p AG1: 5:45-7:30p	21 SD: 5:00-6:15p AG1: 5:45-6:15p DL 6:15-7:45p	22 AG1: 5:45-7:30p	23 SD: 5:00-6:15p AG1: 5:45-6:15p DL 6:15-7:45p	24 SD: 5:45-7:00p AG1: 5:45-7:30p <i>Regional Championships</i>	25 SD: 8:30-10:00a AG1: DL 8:30-9:00a P 9:00-10:30a
26 Regional Championships	27 SD: 5:45-7:00p AG1: 5:45-7:30p	28 SD: 5:00-6:15p AG1: 5:45-6:15p DL 6:15-7:45p	29 <i>Leap Year</i> AG1: 5:45-7:30p			<i>Springfield, IL</i>