

Middle School Swim & Dive Practice and Meet Schedule 2009-2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec	7 7 - 8:30 PM Streamlines, starts, relay starts. Parent meeting 6:45 PM.	8 7 - 8:30 PM Freestyle - stroke technique, turns & race strategy.	9	10	11 7 - 8:30 PM Backstroke - stroke technique, turns & race strategy.	12 9:30-11:30 AM Breaststroke & Fly - technique, turns & race strategy.	13
Dec	14 7 - 8:30 PM Starts, relay starts and meet sprinting/ prep.	15	16 Away Meet @ Dexter. 4 PM meet start, 3:15 PM warmup	17 7 - 8:30 PM IM Focus - stroke technique, turns & race strategy.	18	19	20
Dec	21 1- 4 PM Team Inner Tube Water Polo & pizza party.	22 3 - 5 PM Focus on Free.	22 3 - 5 PM Focus on backstroke.	24	25	26	27
Dec/Jan	28 3 - 5 PM Focus on fly.	29	30 3 - 5 PM Focus on breaststroke.	31 9:30-11:30 AM Focus on IM.	1	2	3
Jan	4 7-8:30 PM Focus on free/back.	5	6 7-8:30 PM Focus on fly/breast.	7	8 7-8:30 PM Focus on meet preparation.	9 Saline Hornet MS Invitational. 8AM - diving warmup. 9AM dive meet starts. 11AM swim warmup. Noon start. Everyone entered!	
Jan	11 Meet @ Home vs. Chelsea. 5 PM warm up, 6 PM start.	12	13 Meet @ Adrian 3:15 warm up, 4 PM start.	14 3:30 - 5 PM General Training.	15 7-8:30 PM General Training.	16	17
Jan	18 7-8:30 PM General Training.	19	20 7-8:30 PM General Training.	21 Meet @ Home vs Tecumseh, 5 PM warm up, 6 PM start.	22	23	24
Jan	25 Home meet vs Monroe, 5 PM warm up. 6 PM start.	26	27 7-8:30 PM General Training.	28 MISCA dive practice, MISCA dive entrants only 7-8:30 PM. HS meet	29 MISCA Dive Meet* 5PM Holt. 3:30 - 5 PM swim practice for MISCA swim entrants only.	30 MISCA Swim Meet* 8AM boys, 12PM girls, Holt HS.	31
Feb	1	2 Team banquet @ HS commons area. 6-8 PM (5:45 set up).	3	4	5	6	7

* These meets require qualifying swim times or dive scores. Coaches will notify eligible swimmers.