

JANUARY 2023 KO VARSITY PRACTICE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 V – 6:00 stretch 6:15 swim	5 V – 6:00 stretch 6:15 swim	6 V – 6:00 stretch 6:15 swim	7
8	9 V – 6:00 stretch 6:15 swim	10 V – 6:00 stretch 6:15 swim	11 V – 6:00 stretch 6:15 swim	12 V – 6:00 stretch 6:15 swim	13 V – 6:00 stretch 6:15 swim	14
15	16 MLK HOLIDAY	17 V – 6:00 stretch 6:15 swim	18 V – 6:30 Optional workout	19 V – 6:30 Optional workout	20 V – 6:30 Meet Warmup JV District meet @ KHS 10:00am	21 VAR District meet @ KHS 10:00am BUS = TBA
22	23 V – 6:00 stretch 6:15 swim	24 V – 6:00 stretch 6:15 swim	25 V – 6:00 stretch 6:15 swim	26 V – 6:00 stretch 6:15 swim	27 V – 6:00 stretch 6:15 swim	28
29	30 V – 6:00 stretch 6:15 swim	31 V – 6:00 stretch 6:15 swim				