

OCTOBER VARSITY KO PRACTICE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 V – 6:30 swim MEET WARMUP Meet 4:30 stretch	5 V – Tutoring Day In by bell	6 V – 6:15 swim	7 V – 6:15 weightroom	8 V – 7:15 Stretch Meet warmup till 7:55
9	10 Practice at Klein Collins V – 6:00 – 7:30 swim	11 Practice at Klein Collins V – 6:00 – 7:30 swim	12 Practice at Klein Collins V – 6:00 – 7:30 swim	13 Practice at Klein Collins V – 6:00 – 7:30 swim	14 No practice	15
16	17 V – 6:00 swim	18 V – 6:30 swim MEET WARMUP Meet 4:30 stretch	19 V – Tutoring Day In by bell	20 V – 6:00 swim	21 V – 6:15 weightroom	22
23	24 V – 6:00 swim	25 V – 6:00 swim	26 V – Tutoring Day In by bell	27 V – 6:00 swim	28 V – 6:15 weightroom	29
30	31 V – 6:00 swim					