

SD/ Junior/ Senior March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb. 28 Southeastern Championships	March 1 3:30-6:00 pm Meet Prep	2 Group Meeting during practice: Goal packets distributed 3:30-6:00 pm Meet Prep	3 5:15-6:45 am Weights 3:30-6:00 pm Meet Prep	4 3:30-6:00 pm Meet Prep	5 3:30-6:00 pm Meet Prep	6 6:00-9:00 am Meet Prep 1:30-3:00 pm Weights
7	8 AM Goal Meetings Start 3:30-6:00 pm Meet Prep Bring Dry-land Clothes	9 AM Goal Meetings 3:30-6:00 pm Meet Prep Bring Dry-land Clothes	10 5:15-6:45 am Weights 3:30-6:00 pm Meet Prep Bring Dry-land Clothes	11 AM Goal Meetings 3:30-6:00 pm Meet Prep Bring Dry-land Clothes Goal Packets are Due	12 5:00-6:45 am Practice Bring Dry-land Clothes	13 Spring Break
14	15 Spring Break I will be available for parts of Spring Break for Goal Meetings and Race Video Review	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break
21	22 AM Goal Meetings Continue 3:30-6:00 pm Meet Prep Bring Dry-land Clothes	23 AM Goal Meetings 3:30-6:00 pm Meet Prep Bring Dry-land Clothes	24 5:15-6:45 am Weights 3:30-6:00 pm Meet Prep Bring Dry-land Clothes	25 AM Goal Meetings 3:30-6:00 pm Meet Prep Bring Dry-land Clothes	26 AM Goal Meetings 3:30-5:45 pm Meet Prep Bring Dry-land Clothes	27 6:00-9:00 am Meet Prep Goal Meetings available after 1:30-3:00 pm Weights
28	29 5:00-6:45 am Meet Prep 3:30-6:00 pm Meet Prep	30 3:30-6:20 pm Meet Prep	31 5:15-6:45 am Weights 3:30-6:00 pm Meet Prep	April 1 5:00-6:45 am Meet Prep 3:30-6:00 pm Meet Prep	2 5:00-6:45 am Make-up 3:30-6:00 pm Meet Prep	3 6:00-9:00 am Meet Prep 1:30-3:00 pm Weights

Please make sure you schedule a time to have your goal meeting and video taping. We will be doing the vast majority of this in the morning in groups of 2-4 swimmers. All groups will be doing this. A small amount of times will be available on Saturdays after practice.