

November 2009 -HS1

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Swimfreak on deck Practice 5:00-6:30pm +Weights	3 Practice 5:00-6:30pm	4 Practice 5:00-6:30pm	5 Practice 5:00-6:30pm +Weights	6 Practice 5:00-6:30pm	7 A/BB and Under @ Downtown Natatorium
8 A/BB and Under @ Downtown Natatorium	9 Practice 5:00-6:30pm +Weights	10 Booster Club Meeting @ 6:30pm Practice 5:00-6:30pm	11 Practice 5:00-6:30pm	12 Practice 5:00-6:30pm +Weights	13 Practice 5:00-6:30pm	14
15	16 Swimfreak on deck Practice 5:00-6:30pm +Weights	17 Practice 5:00-6:30pm	18 Practice 5:00-6:30pm	19 Practice 5:00-6:30pm +Weights	20 Practice 5:00-6:30pm	21
22	23 Practice 5:00-6:30pm +Weights	24 Practice 5:00-6:30pm	25 Practice 5:00-6:30pm	26 Thanksgiving! NO Practice!	27 Morning Practice 8:00-10:00am	28
29	30 Practice 5:00-6:30pm +Weights	1-Dec. Practice 5:00-6:30pm	2 Practice 5:00-6:30pm	3 Practice 5:00-6:30pm +Weights	4 Practice 5:00-6:30pm	5

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