

M*C*A*L/LJCC 2011

SUMMER PRACTICE SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Captains 6:30-8:30 AM	Captains 6:30-8:30 AM	Captains 7:30-9:30 AM	Captains 6:30-8:30 AM	Captains 6:30-8:30 AM
Lieutenants2 7:00-8:30 AM	Lieutenants2 7:00-8:30 AM	Lieutenants2 8:00-9:30 AM	Lieutenants2 7:00-8:30 AM	Lieutenants2 7:00-8:30 AM
Lieutenants 7:15-8:30 AM	Lieutenants 7:15-8:30 AM	Lieutenants 8:15-9:30 AM	Lieutenants 7:15-8:30 AM	Lieutenants 7:15-8:30 AM
Sergeants 8:30-9:30 AM	Sergeants 8:30-9:30 AM	Sergeants None	Sergeants 8:30-9:30 AM	Sergeants 8:30-9:30 AM
Recruits 8:45-9:30 AM	Recruits 8:45-9:30 AM	Recruits None	Recruits 8:45-9:30 AM	Recruits 8:45-9:30 AM
Basic Training 1 8:30 – 9:00 AM	Basic Training 1 8:30 – 9:00 AM	Basic Training 1 None	Basic Training 1 8:30 – 9:00 AM	Basic Training 1 8:30 – 9:00 AM
Basic Training 2 9:00 – 9:30 AM	Basic Training 2 9:00 – 9:30 AM	Basic Training 2 none	Basic Training 2 9:00 – 9:30 AM	Basic Training 2 9:00 – 9:30 AM
	When No Meet (Tuesday only)			
Basic Training 3:00 – 3:30 AM		Basic Training 3:00 – 3:30 AM		Basic Training 3:00 – 3:30 AM
Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM
Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM
Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM
Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM
Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM
Capt /Lieut 6:00-7:30 PM Rain Make up (If necessary)	Capt /Lieut 6:00-7:30 PM Rain Make up (If necessary)	Capt /Lieut 6:00-7:30 PM Rain Make up (If necessary)	Capt /Lieut 6:00-7:30 PM Rain Make up (If necessary)	

Morning Practice Schedule is in Outdoor Pool

Afternoon practice Schedule is in Indoor Pool