

# May 2017

Sun	Mon (Turns)	Tue (Starts)	Wed (Streamline)	Thu (Breathing)	Fri (Fun Theme)	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 WIN Coach's Training 8:30am-5:30pm
21  7pm -Coaches Meeting <u>Optional Week</u> Technical	22 <u>Optional Practice</u> <u>SC Indoor Pool</u> 8-9am - 13 & Up 9-10am - 8 & under 10-11am - 9-12	23 <u>Optional Practice</u> <u>SC Indoor Pool</u> 8-9am - 13 & Up 9-10am - 8 & under 10-11am - 9-12	24 <u>Optional Practice</u> <u>SC Indoor Pool</u> 8-9am - 13 & Up 9-10am - 8 & under 10-11am - 9-12	25 <u>Optional Practice</u> <u>SC Indoor Pool</u> 8-9am - 13 & Up 9-10am - 8 & under 10-11am - 9-12	26 <b><u>No Practice</u></b>	27
28  <u>Week 1</u> Technical	29 Memorial Day (no Practice)	30 Practices @ WAC 9:30-11:00 (11 & up) 11:00-12:00 (10 & under)	31 Practices @ WAC 9:30-11:00 (11 & up) 11:00-12:00 (10 & under)			

# June 2017

Sun	Mon (Turns)	Tue (Starts)	Wed (Streamline)	Thu (Breathing)	Fri (Fun Theme)	Sat
				1 Practices @ WAC 9:30-11:00 (11 & up) 11:00-12:00 (10 & under)	2 Practices @ WAC 9:30-11:00 (11 & up) 11:00-12:00 (10 & under)	3
4 <b>Blue &amp; White - 7pm</b>  <u>Week 2</u> Technical	5 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	6 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)  <b>vs. Valley Center-6pm</b>	7 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	8 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	9 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	10
11  <u>Week 3</u> Endurance Building	12 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	13 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)  <b>vs. McPherson - 6pm</b>	14 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	15 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	16 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	17
18  <u>Week 4</u> Endurance Building	19 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	20 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)  <b>@ El Dorado - 6pm</b>	21 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	22 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	23 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	24
25  <u>Week 5</u> Tempo	26 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	27 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)  <b>vs. Wellington - 6pm</b>	28 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	29 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	30 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)  (min. 50m swim—cut day)	

# July 2017

Sun	Mon (Turns)	Tue (Starts)	Wed (Streamline)	Thu (Breathing)	Fri (Fun Theme)	Sat
						1
2  <u>Week 6</u> Tempo/Sprint	3  No Practice	4  No Practice	5 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	6 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)  <b>@ Haysville - 6pm</b>	7 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	8
9  <u>Week 7</u> Sprint/Race Prep	10 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	11 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)  <b>@ Twin Rivers - 6pm</b>	12 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	13 Practices @ WAC 7:00-8:30am (11 & up) 8:30-9:30am (10 & under)	14 <b>GPSSL Finals</b> 2pm - El Dorado (13 & up)  No Practice	15 <b>GPSSL Finals</b> 9am - El Dorado (12 & under)
16	17 Practice @ WAC 9:00-10:30am (division qualifiers)	18 Practice @ WAC 9:00-10:30am (division qualifiers)	19 Practice @ WAC 9:00-10:30am (division qualifiers)	20 Practice @ WAC 9:00-10:30am (division qualifiers)	21 <b>MVS District Championships</b>	22 <b>MVS District Championships</b>
23 <b>MVS District Championships</b> 30 <b>MVS Long Course Championships</b>	24  31	25 <b>Picnic</b> Pav. 4:30-7:00pm WAC 7:00-9:00pm	26	27	28 <b>MVS Long Course Championships</b>	29 <b>MVS Long Course Championships</b>