

# October

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 4-5p – PS Weights	4	5 4-5p – PS Weights	6	7
8	9	10 4-5p – PS Weights	11	12 2:45-4p – PS Swim 4-5p – PS Weights	13	14
15	16	17 No Pre-Season Practice – Coach Chris in Ohio	18	19 2:45-4p – PS Swim 4-5p – PS Weights	20	21
22	23	24 4-5p – PS Weights	25	26 2:45-4p – PS Swim 4-5p – PS Weights	27	28
29	30	31 2:45-4p – PS Swim 4-5p – PS Weights				

