

# March 2024

February '24							April '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3		1	2	3	4	5	6
4	5	6	7	8	9	10	7	8	9	10	11	12	13
11	12	13	14	15	16	17	14	15	16	17	18	19	20
18	19	20	21	22	23	24	21	22	23	24	25	26	27
25	26	27	28	29			28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	<b>1</b>  David Fry	<b>2</b>  David Fry
<b>3</b>  David Fry	<b>4</b>  Regular Practice	<b>5</b>  AM AAA Option AM AA Expected No PM	<b>6</b>  Regular Practice	<b>7</b>  Regular Practice	<b>8</b>  Regular Practice	<b>9</b>  Regular Practice
<b>10</b>  March Break	<b>11</b>  All Senior 4:30-6:30p	<b>12</b>  All Senior 4:30-6:30p	<b>13</b>  All Senior 4:30-6:30p Maine Tour Team	<b>14</b>  All Senior 4:30-6:30p Maine Tour Team	<b>15</b>  All Senior 4:30-6:30 Maine Tour Team	<b>16</b>  All Senior 7:00-9:00a Maine Tour Team
<b>17</b>  Maine Tour Team	<b>18</b>  Regular Practice	<b>19</b>  Regular Practice	<b>20</b>  Senior Swimmers off Easterns	<b>21</b>  Senior Swimmers off Easterns	<b>22</b>  Senior Swimmers off Easterns	<b>23</b>  Senior Swimmers off Easterns
<b>24</b>  Senior Swimmers off Easterns	<b>25</b>  Senior Swimmers off "Easterns"	<b>26</b>  Easterns Off	<b>27</b>  Regular Practice	<b>28</b>  Senior Off	<b>29</b>  Good Friday	<b>30</b>  Regular Practice Easterns Off
<b>31</b>	<b>1</b>	If The swimmer is around I would like them to train through March Break with our Tour Swimmers and Easterns swimmers. They will get their swimming break during the Easterns Competition while I in QC and a few more days into Easter Weekend while I take a few days to recover as well.				