



December FLIGHT SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sr/Jr AG2 AG1	2 7:15-8:45p 6-7:30p 6-7:15p	3 7:15-8:45p 6-7:30p 6-7:15p	4 6-7:30p AG2 (DL) 7:15-8:45p AG1 6-7:30p	5 No Practices	6 6-7:30p AG2 6-7:30p AG1 (DL) 7-8:30p	7
8 Sr/Jr AG2 AG1	9 7:15-8:45p 6-7:30p 6-7:15p	10 7:15-8:45p 6-7:30p 6-7:15p	11 6-7:30p AG2 (DL) 7:15-8:45p AG1 6-7:30p Varsity @ Fulton 5p	12 Swimmers going Ithaca for Friday Distance Events 7:30-8:30pm	13 CNY Invite Ithaca College	14 CNY Invite Ithaca College
15 CNY Invite Ithaca College	16 7:15-8:45p 7:15-8:45p 6-7:15p Camp 6-7pm	17 7:15-8:45p 7:15-8:45p 6-7:15p Camp 6-7pm	18 6-7:30p AG2 (DL) 7:15-8:45p AG1 7-8:30p Camp 6-7pm	19 No Practices Varsity v FM 5p	20 6-7:30p AG2 7-8:30p AG1 (DL) 7-8:30p	21 Skaneateles Sprint Meet
22 Sr/Jr AG2 AG1	23 7-8:45p 6-7:30p 6-7:15p	24 10a-Noon 10a-Noon	25 No Practices Merry Christmas!	26 10a-Noon	27 6-8p AG2 6:45-8p AG1 6-7pm	28
29 Sr/Jr AG2 AG1	30 7-8:45p 6-7:30p 6-7:15p	31 10a-Noon 10a-Noon	1 No Practices Happy New Years!	2 6-8p AG2 6:45-8p AG1 6-7pm	3 6-8p AG2 7-8pm AG1 6-7pm	4

The SMART goal system suggests that we set goals that are meaningful to us. When we do this, we're more motivated to work towards our goals and experience greater enjoyment while we do it. Overall, setting goals helps us gain the clarity we need to take the actions that get us to where we want to go. Swimming provides the perfect opportunity to hone these skills. Parents...this offers a great chance to provide a quality support system. Use cut times to set SMART goals...these can be found on our website under the [SWIM GROUPS](#) drop down menu.

S - Specific **M** - Measurable **A** - Achievable **R** - Realistic **T** - Time/Trackable

Example: Noelle wants to go a 24.79 in the 50 free to qualify for USA Sectionals by March 10th.