



# December

## FLIGHT SCHEDULE



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

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.