

SENIOR PRACTICE SCHEDULE 1/3/19 – 2/24/19

YOGA
 DRY LAND
 COMMENTS

AM WORKOUT

PM WORKOUT

Day	Date	Event	AM WORKOUT	PM WORKOUT	Comments
Thursday	3-Jan	BAC	5:30 - 6:45 AM	3:45 - 6:15 pm	
Friday	4-Jan	BAC		3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	5-Jan	BAC	8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	6-Jan		OFF	OFF	
Monday	7-Jan	BAC		3:45 - 6:15 pm	
Tuesday	8-Jan	BAC	5:30 - 6:45 AM	3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	9-Jan	BAC		3:45 - 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	10-Jan	BAC	5:30 - 6:45 AM	3:45 - 6:15 pm	
Friday	11-Jan	BAC		3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	12-Jan	BAC	8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	13-Jan			OFF	
Monday	14-Jan	BAC		3:45 - 6:15 pm	
Tuesday	15-Jan	BAC	CANCELLED	3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	16-Jan	BAC		3:45 - 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	17-Jan	BAC		3:45 - 5:15 pm	
Friday	18-Jan		SPEEDO INVITE @ RUTGERS		
Saturday	19-Jan		SPEEDO INVITE @ RUTGERS		
Sunday	20-Jan		SPEEDO INVITE @ RUTGERS		
Monday	21-Jan	BAC	9:30 - 10:30 AM OR WITH JUNIORS		
Tuesday	22-Jan	BAC	CANCELLED	3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	23-Jan	BAC		3:45 - 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	24-Jan	BAC	5:30 - 6:45 AM	3:45 - 6:15 pm	
Friday	25-Jan	BAC		3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	26-Jan	BAC	7:00 - 9:00 AM	OFF	
Sunday	27-Jan			OFF	
Monday	28-Jan	BAC		3:45 - 6:15 pm	
Tuesday	29-Jan	BAC	5:30 - 6:45 AM	3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	30-Jan	BAC		3:45 - 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	31-Jan	BAC	5:30 - 6:45 AM	3:45 - 6:15 pm	
Friday	1-Feb	BAC		3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	2-Feb	BAC	8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	3-Feb			OFF	
Monday	4-Feb	BAC		3:45 - 6:15 pm	
Tuesday	5-Feb	BAC	5:30 - 6:45 AM	3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	6-Feb	BAC		3:45 - 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	7-Feb	BAC	5:30 - 6:45 AM	3:45 - 6:15 pm	
Friday	8-Feb	BAC		3:45 - 5:30 pm	OPTIONAL DL 6:05 - 6:50 pm
Saturday	9-Feb		JW SWEETHEART MEET @ GCIT	OFF	
Sunday	10-Feb			OFF	
Monday	11-Feb	BAC		3:45 - 6:15 pm	
Tuesday	12-Feb	BAC	5:30 - 6:45 AM	3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	13-Feb	BAC		3:45 - 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	14-Feb	BAC	5:30 - 6:45 AM	3:45 - 6:15 pm	
Friday	15-Feb	BAC	SALMON RUN MEET @ BAC	3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	16-Feb	BAC	6:00 - 8:00 AM	OFF	YOGA 8:15 - 9:00 am
Monday	18-Feb	BAC		3:45 - 6:15 pm	
Tuesday	19-Feb	BAC	5:30 - 6:45 AM	3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Wednesday	20-Feb	BAC		3:45 - 6:00 pm	YOGA 6:10 - 7:00 pm
Thursday	21-Feb	BAC	5:30 - 6:45 AM	3:45 - 6:15 pm	
Friday	22-Feb	BAC		3:45 - 5:55 pm	DRY LAND 6:05 - 6:50 pm
Saturday	23-Feb	BAC	8:00 - 10:00 AM	OFF	YOGA 10:15 - 11:00 am
Sunday	24-Feb			OFF	

SENIOR LONG WEEKENDS - SPRING BREAK
 Friday April 5 - Sunday April 7 ~ College Visits
 Friday April 12 - Sunday April 14 ~ College Visits
 Friday April 19 - Sunday April 21 ~ College Visits

