# NCAT Senior - Shaker Site Swim PRACTICE SCHEDULE

## October

| Sunday | 1 | Monday | 2 | Tuesday | 3 | Wednesday | 4 | Thursday | 5 | Friday | 6 | Saturday | 7 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | | | | AM | | | | AM- Off | | Sr2/ Sr3 8:30-10:30 am | |
| | | Sr2 option/Sr3 5:45-7:30 am | | | | Sr2 option/Sr3 5:45-7:30 am | | | | | | | |
| **OFF** | | | | Sr 1 3:45-5:30 pm | | | | Sr 1 3:45-5:30 pm | | | | | |
| | | Sr 1 3:45-5:30 pm | | Sr 2/3 3:45-6:00 pm | | Sr 1 4:30-6:00 pm | | Sr 2/3 3:45-6:00 pm | | Sr 1 3:45-5:30 pm | | | |
| | | Sr 2/3 3:45-6:00 pm | | | | Sr 2/3 4:30-6:00 pm | | | | Sr 2/3 3:45-6:00 pm | | | |
| | | | | | | | | | | | | | |
| **Sunday** | **8** | **Monday** | **9** | **Tuesday** | **10** | **Wednesday** | **11** | **Thursday** | **12** | **Friday** | **13** | **Saturday** | **14** |
| | | AM | | Sr 1 3:45-5:30 pm | | AM | | Sr 1 3:45-5:30 pm | | AM | | Sr2/ Sr3 8:30-10:30 am | |
| | | Sr2 option/Sr3 5:45-7:30 am | | Sr 2/3 3:45-6:00 pm | | Sr2 option/Sr3 5:45-7:30 am | | Sr 2/3 3:45-6:00 pm | | Sr2 option/Sr3 5:45-7:30 am | | | |
| | | | | | | | | | | | | | |
| | | Sr 1 3:45-5:30 pm | | HS prep | | Sr 1 3:45-5:30 pm | | HS prep | | Sr 1 3:45-5:30 pm | | | |
| | | Sr 2/3 3:45-6:00 pm | | | | Sr 2/3 3:45-6:00 pm | | | | Sr 2/3 3:45-6:00 pm | | | |
| | | | | | | | | Entry Deadline:K Kinney SOC | | | | | |
| **Sunday** | **15** | **Monday** | **16** | **Tuesday** | **17** | **Wednesday** | **18** | **Thursday** | **19** | **Friday** | **20** | **Saturday** | **21** |
| | | AM | | Sr 1 3:45-5:30 pm | | AM | | Sr 1 3:45-5:30 pm | | AM | | No Practice | |
| | | Sr2 option/Sr3 5:45-7:30 am | | Sr 2/3 3:45-6:00 pm | | Sr2 option/Sr3 5:45-7:30 am | | Sr 2/3 3:45-6:00 pm | | Sr2 option/Sr3 5:45-7:30 am | | | |
| | | | | | | | | | | | | OLY Classic meet | |
| | | Sr 1 3:45-5:30 pm | | HS prep | | Sr 1 3:45-5:30 pm | | HS prep | | Sr 1 3:45-5:30 pm | | | |
| | | Sr 2/3 3:45-6:00 pm | | | | Sr 2/3 3:45-6:00 pm | | | | OLY Classic Meet | | | |
| | | | | | | Entry Deadline: Mark Braun | | | | | | | |
| **Sunday** | **22** | **Monday** | **23** | **Tuesday** | **24** | **Wednesday** | **25** | **Thursday** | **26** | **Friday** | **27** | **Saturday** | **28** |
| OLY Classic Meet | | AM- OFF | | Sr 1 3:45-5:30 pm | | AM | | Sr 1 3:45-5:30 pm | | AM | | Swim-a-Thon | |
| | | | | Sr 2/3 3:45-6:00 pm | | Sr2 option/Sr3 5:45-7:30 am | | Sr 2/3 3:45-6:00 pm | | Sr2 option/Sr3 5:45-7:30 am | | | |
| | | | | | | | | | | | | Sign up | |
| | | Sr 1 3:45-5:30 pm | | HS prep | | Sr 1 3:45-5:30 pm | | HS prep | | HS season begins | | Support the Team | |
| | | Sr 2/3 3:45-6:00 pm | | | | Sr 2/3 3:45-6:00 pm | | | | | | | |
| | | | | | | | | | | | | | |
| **Sunday** | **29** | **Monday** | **30** | **Tuesday** | **31** | **Wednesday** | **1** | **Thursday** | **2** | **Friday** | **3** | **Saturday** | **4** |
| LE Open meet @ Spire | | HS Special practice schedule | | HS Special practice schedule | | HS | | HS | | HS | | Splash Out Cancer | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | | HS Special practice schedule | | HS Special practice schedule | | | | | | | | | |
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**Notes:**