NCAT Senior - Shaker Site Swim PRACTICE SCHEDULE

September 23

Sunday	27	Monday	28	Tuesday	29	Wednesday	30	Thursday	31	Friday	1	Saturday	2
		FIRST DAY OF PRACTICE!!!!											
OFF		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 1-3 3:45-5:00 pm		No practice - Shaker	
		Sr 2/3 3:45-6:00 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				Solon site option	
										Team Tailgate event			
										5:30-7:00 pm			
Sunday	**5**	**Monday**	**4**	**Tuesday**	**5**	**Wednesday**	**6**	**Thursday**	**7**	**Friday**	**8**	**Saturday**	**9**
				Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr2/ Sr3 8:30-10:30 am	
		No practice		Sr 2/3 3:45-6:00 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		Combined Shaker/Solon practice	
												at Shaker	
		LABOR DAY											
Sunday	**12**	**Monday**	**11**	**Tuesday**	**12**	**Wednesday**	**13**	**Thursday**	**14**	**Friday**	**15**	**Saturday**	**16**
		AM		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		AM only		No Practice	
		Sr2 option/Sr3 5:45-7:30 am		Sr 2/3 3:45-6:00 pm		Sr 2/3 3:45-6:00 pm		Sr 2/3 3:45-6:00 pm		5:45-7:30 am			
												Rash Hashanah	
		Sr 1 3:45-5:30 pm											
		Sr 2/3 3:45-6:00 pm								No PM practice			
Sunday	**19**	**Monday**	**18**	**Tuesday**	**19**	**Wednesday**	**20**	**Thursday**	**21**	**Friday**	**22**	**Saturday**	**23**
		AM		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 2/ Sr 3 8:30-10:30 am	
		Sr2 option/Sr3 5:45-7:30 am		Sr 2/3 3:45-6:00 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			
		Sr 1 3:45-5:30 pm											
		Sr 2/3 3:45-6:00 pm											
Sunday	**26**	**Monday**	**25**	**Tuesday**	**26**	**Wednesday**	**27**	**Thursday**	**28**	**Friday**	**29**	**Saturday**	**30**
		No Practice		Sr 1 3:45-5:30 pm		AM		Sr 1 3:45-5:30 pm		Sr 1 3:45-5:30 pm		Sr 2/ Sr 3 8:30-10:30 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		Sr 2/3 3:45-6:00 pm			
		Yom Kippur				Sr 1 3:45-5:30 pm							
						Sr 2/3 3:45-6:00 pm							

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