

HOOS Coaching Calendar: Week of 12/22

	Monday, 12.22	Tuesday, 12.23	Wednesday, 12.24	Thursday, 12.25	Friday, 12.26	Saturday, 12.27
Mini-HOOS	10:15- 11:15 am	10:15- 11:15 am		OFF	OFF	
HOOS 1	10:15- 11:15 am swim only	10:15- 11:15 am swim only	OFF	OFF	OFF	9:45- 10:45 am swim only
HOOS 2	8:45- 10:15 am DL first	8:45- 10:15 am DL first	OFF	OFF		9:30- 10:45 am swim only
HOOS 3	8:30- 10:30 am DL first	8:30- 10:30 am DL first	OFF	OFF	OFF	8:00- 9:30 am swim only
HOOS 4	7:15-9:00 am swim only 3:00- 4:30 DL circuit + kick jam	7:15- 9:00 am swim only	OFF	OFF	OFF	7:30- 9:30 am swim first

HOOS Coaching Calendar: Week of 12/29

	Monday, 12.29	Tuesday, 12.30	Wednesday, 12.31	Thursday, 1.1	Friday, 1.2	Saturday, 1.3
Mini-HOOS	10:15- 11:15 am	10:15- 11:15 am	MEET	OFF	OFF	
HOOS 1	10:15- 11:15 am swim only	10:15- 11:15 am swim only	MEET	OFF	OFF	9:45- 10:45 am swim only
HOOS 2	8:45- 10:15 am DL first	8:45- 10:15 am DL first	MEET	OFF		9:30- 10:45 am swim only
HOOS 3	8:30- 10:30 am DL first	8:30- 10:30 am DL first	MEET	OFF	OFF	8:00- 9:30 am swim only
HOOS 4	7:15-9:00 am swim only 3:00- 4:30 DL circuit + kick jam	7:15- 9:00 am swim only 3:00-4:30 DL circuit + Kick Jam	MEET	OFF	OFF	 *Swimmers that have missed due to family travel, have the option to train with HOOS 3