

HOOS Coaching Calendar: Week of 12/15

	Monday, 12.15	Tuesday, 12.16	Wednesday, 12.17	Thursday, 12.18	Friday, 12.19	Saturday, 12.20
Mini-HOOS	OFF due to meet	3:15-3:55 pm		3:15- 3:55 pm		
HOOS 1	OFF due to meet	3:45- 4:45 pm Swim first		3:45- 4:45 pm Swim first		9:30- 10:30 am swim only
HOOS 2	OFF due to meet	4:30-6:00 pm Swim first	5:45- 7:00 pm swim only	4:30- 6:00 pm swim first		9:30- 10:30 am swim only
HOOS 3	OFF due to meet	4:00- 5:55 PM Swim first	5:15- 7:00 PM DL first	4:00- 5:55 PM Swim first	5:15- 7:00 PM DL first	OFF
HOOS 4	OFF due to meet	5:00- 7:00 pm DL first	4:05- 6:15 pm Swim first	5:00- 7:00 pm DL first	4:05- 6:15 pm swim first	OFF

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 pm 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 pm DL circuit + kick jam	7:15- 9:00 am swim first 3:00-4:30 pm DL circuit + Kick Jam	MEET	OFF	OFF	OFF *Swimmers that have missed due to family travel, have the option to train with HOOS 3.