



OCTOBER 2010

Please follow the normal practice schedule unless a change is listed below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated 9/13/10	TENTATIVE CALENDAR: SUBJECT TO CHANGE				1 National 3:30-5:40 p.m.	2 NORMAL Practice Starts & Turns for Pups, Green, Blue (AT 1:00 PM)
3 Ohio Swimming Meeting (coaches)	4	5	6 HOME WATER POLO Plat: 2:30-5:00 pm National: 3 - 6:00 p.m. White: 5:05-5:45 p.m. Green 5:45-6:45 p.m. Blue 6:30-7:45 p.m. Bronze: 7:30-9:00 p.m. Gold: 6:45-8:30 p.m. Gold = Dryland Only	7	8 National 3:30-5:40 p.m. All other groups have Normal practice	9 Manta Rays Intersquad Meet Open to all swimmers! Ind. Pictures 7:30 a.m. Team Picture 8:30 a.m. Warm-ups: 9:00 a.m. Meet Start: 10:00 a.m.
10	11	12	13	14	15 HS WATER POLO National: 3:00-5:30 p.m. Platinum: 4:00-6:00 p.m. Pups: 4:25-5:05 p.m. (LP) White: 5:05-5:45 p.m. (LP) Green 5:45-6:30 p.m. Blue 6:15-7:15 p.m. Bronze: 7:00-8:30 p.m. Pups: TBA	16 HOME WATER POLO National: 6:00-9:00 a.m. Platinum: 7:00-9:15 a.m. Gold: 8:45-10:45 a.m. Bronze : 10:30-11:45 a.m. Blue: 11:30 -12:30 Green: 12:15-1:15 p.m. White: 1:15-2:00 p.m.
17	18	19	20 Gold: 6:30-7:00 p.m. Normal Swim Practice	21	22 HOME WATER POLO Sycamore Meet National: 3:30-5:00 p.m. Platinum: 4:00-5:15 p.m. (Platinum Dryland Only) Bronze & Pups: No Practice White: 4:25-5:00 p.m. (LP)	23 HOME WATER POLO NO PRACTICE! NKY Clipper Meet Val Lyons Sycamore Meet
24 Sycamore Meet NKY Clipper— 31 HALLOWEEN	25	26	27	28	29	30 Halloween Party for Pups/White/ Green 11:30-1:30