




# Blue I Skills Practice Schedule November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Freestyle Breaststroke Turns	3 Butterfly Backstroke Starts	4 Freestyle Backstroke Starts	5 Backstroke Breaststroke Turns	6 <b>FCY Fall Invte</b> Butterfly Freestyle Starts	7 <b>FCYST Fall In- vite</b>
8 <b>FCYST Fall In- vite</b>	9 <b>Combined Groups Practice</b> Backstroke Butterfly Turns	10 Freestyle Breaststroke Turns	11 IM Freestyle Starts	12 Backstroke Butterfly Starts	13 IM Backstroke Turns	14
15	16 Freestyle Breaststroke Turns	17 Butterfly Backstroke Starts	18 Freestyle Backstroke Starts	19 Breaststroke IM Turns	20 <b>OSHY CHAM- PION MEET</b> No Practice	21 <b>OSHY CHAM- PION MEET</b>
22	23 No Practice  Santa Scamper	24 Breaststroke Butterfly Starts	25 Backstroke Freestyle Turns	26  Happy Thanksgiving No Practice	27  No Practice	28
29	30 Freestyle Breaststroke Turns					