

ARAB Swim Team - June 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Morning Practice:</u> 6:45-8:15 Advanced 8-9:00 Intermediate 9-9:45 Beginner				1 Practice	2
3	4 Practice	5 Practice Madison(H) @ 5:30 Arab Warm-up 4:15 Visitor Warm-up 5:00	6 Practice	7 Practice Scottsboro(H) @ 5:30 Arab Warm-up 4:15 Visitor Warm-up 5:00	8 Practice	9
10	11 Practice	12 Practice	13 Practice	14 Practice Albertville(H) @ 5:30 Arab Warm-up 4:15 Visitor Warm-up 5:00	15 Practice	16 Madison Medal Meet
17	18 Practice	19 Practice Guntersville(A) Arab Warm-up 4:45 Meet Begins @ 5:30	20 Practice	21 Practice Ft. Payne(A) Arab Warm-up 4:45 Meet Begins @ 5:30	22 Practice	23 County Meet @Albertville
24	25 Practice	26 Practice	27 Practice	28 Practice Tri-Meet (H) @ 6:00 Arab Warm-up 4:15 Cullman Warm-up 5:00 Riverside Warm-up 5:30	29 Practice	30

NOTE: Swim Coach will determine each swimmer's skill level & place them in proper practice session.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <i>Practice</i>	3 <i>Practice</i> Boaz (H) @ 5:30 Arab Warm-up 4:15 Visitor Warm-up 5:00	4 NO SWIM PRACTICE Independence Day!!!	5 District Swim Practice 7:00 – 9:00	6 District Swimmers 7:00 – 9:00	7
8	9 District Swimmers 7:00 – 9:00	10 District Swimmers 7:00 – 9:00	11 District Swimmers 7:00 – 9:00	12 District Swimmers 7:00 – 9:00	13 District II @ Ft. Payne IM/Breast/ Short Free/Medley Relay	14 District II @ Ft. Payne Fly /Back/ Long Free/Free Relay
15	16 State Swim Practice 7:00 – 9:00	17 State Swimmers 7:00 – 9:00	18 State Swimmers 7:00 – 9:00	19 State Swimmers 7:00 – 9:00	20 State Swimmers 7:00 – 9:00	21
22	23 State Swimmers 7:00 – 9:00	24 State Swimmers 7:00 – 9:00	25 State Swimmers 7:00 – 9:00	26 State Swimmers 7:00 – 9:00	27 State Meet Opelika	28 State Meet Opelika
29	30	31				