

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day No Practices... School's Closed HAPPY NEW YEAR	2 Red 3 – 6-6:45 pm Red 4 – 6 – 7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	3 Red 4 – 9:30-10:30 am Black 4 – 9:30-10:45 am Black 5 – 10:30-12:15 Black 6 – 10:30-12:30 Senior – 10:30-12:30
4	5 Red 3 – 6-6:45 pm Red 4 – 6-7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	6 Black 4 – 7-8:15 pm Black 5 – 7-8:45 pm Black 6 – 7-8:45 pm Senior – 7-8:45 pm	7 Red 3 – 6-6:45 pm Red 4 – 6-7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:45 pm Black 6 – 7-9 pm Senior – 7-9 pm	8 NO PRACTICE: HIGH SCHOOL SWIM MEET (Turpin)	9 Red 3 – 6-6:45 pm Red 4 – 6 – 7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	10 NO PRACTICES DUE TO HIGH SCHOOL INVITATIONAL
11	12 Red 3 – 6-6:45 pm Red 4 – 6-7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	13 Black 4 – 7-8:15 pm Black 5 – 7-8:45 pm Black 6 – 7-8:45 pm Senior – 7-8:45 pm	14 Red 3 – 6-6:45 pm Red 4 – 6-7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	15 Black 4 – 7-8:15 pm Black 5 – 7-8:45 pm Black 6 – 7-8:45 pm Senior – 7-8:45 pm	16 Red 3 – 6-6:45 pm Red 4 – 6 – 7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	17 NO PRACTICES DUE TO HIGH SCHOOL INVITATIONAL MARIEMONT "HOT COCOA" SWIM MEET
18 HIGH SCHOOL INVITATIONAL (Coaches Classic)	19 Martin Luther King Day NO PRACTICES: NO SCHOOL	20 NO PRACTICES: HIGH SCHOOL SWIM MEET (Lakota East)	21 Red 3 – 6-6:45 pm Red 4 – 6-7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	22 NO PRACTICES: HIGH SCHOOL SWIM MEET MAKE-UP MEET (Loveland)	23 Red 3 – 6-6:45 pm Red 4 – 6 – 7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	24 Red 4 – 9:30-10:30 am Black 4 – 9:30-10:45 am Black 5 – 10:30-12:15 Black 6 – 10:30-12:30 Senior – 10:30-12:30
25	26 Red 3 – 6-6:45 pm Red 4 – 6-7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	27 NO PRACTICES: HIGH SCHOOL SWIM MEET (Glen Este & CHCA) SENIOR NIGHT	28 Red 3 – 6-6:45 pm Red 4 – 6-7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	29 Black 4 – 7-8:15 pm Black 5 – 7-8:45 pm Black 6 – 7-8:45 pm Senior – 7-8:45 pm	30 Red 3 – 6-6:45 pm Red 4 – 6 – 7 pm Black 4 – 7-8:15 pm Black 5 – 7-8:30 pm Black 6 – 7-8:30 pm Senior – 7-8:30 pm	31 Red 4 – 9:30-10:30 am Black 4 – 9:30-10:45 am Black 5 – 10:30-12:15 Black 6 – 10:30-12:30 Senior – 10:30-12:30

† Personal Events