

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>June 5</u> <b>X</b>	<u>June 6</u> <b>ALL OFF</b>	<u>June 7</u> <b>ALL OFF</b>	<u>Jun 8, 2...</u> <b>ALL OFF</b>	<u>June 9</u> <b>Open pool 11:48-1:09</b>	<u>June 10</u> <b>ALL OFF</b>	<u>June 11</u> <b>X</b>
<u>June 12</u> <b>X</b>	<u>June 13</u> <b>Practice 9AM-12PM</b>	<u>June 14</u> <b>Practice 9AM-12PM</b>	<u>Jun 15, ...</u> <b>ALL OFF</b>	<u>June 16</u> <b>ALL OFF</b>	<u>June 17</u> <b>ALL OFF</b>	<u>June 18</u> <b>X</b>
<u>June 19</u> <b>X</b>	<u>June 20</u> <b>Practice 9AM-12PM</b>	<u>June 21</u> <b>Practice 9AM-12PM</b>	<u>June 22</u> <b>Practice 9AM-12PM</b>	<u>June 23</u> <b>ALL OFF</b>	<u>June 24</u> <b>ALL OFF</b>	<u>June 25</u> <b>X</b>
<u>June 26</u> <b>X</b>	<u>June 27</u> <b>ALL OFF</b>	<u>June 28</u> <b>ALL OFF</b>	<u>June 29</u> <b>Practice 9AM-12PM</b>	<u>June30</u> <b>Practice 9AM-12PM</b>	<u>July 1</u> <b>Practice 9AM-12PM</b>	<u>July 2</u> <b>X</b>
<u>July 3</u> <b>X</b>	<u>July 4</u> <b>ALL OFF</b>	<u>July 5</u> <b>Practice 9AM-12PM</b>	<u>July 6</u> <b>Practice 9AM-12PM</b>	<u>July 7</u> <b>Practice 9AM-12PM</b>	<u>July 8</u> <b>ALL OFF</b>	<u>July 9</u> <b>X</b>
<u>July 10</u> <b>X</b>	<u>July 11</u> <b>ALL OFF</b>	<u>July 12</u> <b>Practice 9AM-12PM</b>	<u>July 13</u> <b>Practice 9AM-12PM</b>	<u>July 14</u> <b>Practice 9AM-12PM</b>	<u>July 15</u> <b>Pool Party 1000-1200</b>	<u>July 16</u> <b>X</b>
<u>July 17</u> <b>DEAD PERIOD</b>	<u>July 18</u> <b>DEAD PERIOD</b>	<u>July 19</u> <b>DEAD PERIOD</b>	<u>July 20</u> <b>DEAD PERIOD</b>	<u>July 21</u> <b>DEAD PERIOD</b>	<u>July 22</u> <b>DEAD PERIOD</b>	<u>July 23</u> <b>DEAD PERIOD</b>
<u>July 24</u> <b>DEAD PERIOD</b>	<u>July 25</u> <b>DEAD PERIOD</b>	<u>July 26</u> <b>DEAD PERIOD</b>	<u>July 27</u> <b>DEAD PERIOD</b>	<u>July 28</u> <b>DEAD PERIOD</b>	<u>July 29</u> <b>DEAD PERIOD</b>	<u>July 30</u> <b>DEAD PERIOD</b>

Summer practice will consist of 900-945 weights, 1000-1100 in water conditioning, 1100-1200 in water swimming and water pool skills.

Please communicate with the coaching staff if you need to miss practices.

The dead period is a 2 week period where athletes and coaches must have **NO CONTACT WITH EACH OTHER WHATSOEVER!!!** Teammates can still talk to each other. Athletes can train on their own but, there will be no organized team activities or communication from the coaching staff during the 2 week dead period.

Make sure you are prepared each day for dryland work in the weight room and then work in the pool.

After the dead period, Coach Peil and Coach Franco will be stepping down. Good luck, enjoy your summer, and we will see you all during the school year.

**GO PANTHERS!!!!!!**