

◀ July	~ GVSD August 2011 ~					September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Must have a physical to swim!!!	1	2	3	4	5	6 Success comes before work only in the dictionary.
7 Set Your season goals and hand them in week 1	8	9	10 1 st day of Practice 9:00am-12:00pm	11 Practice 9:00am-12:00pm	12 Practice 9:00am-12:00pm	13 Captain's Fundraiser Bottle Drive Starting at Coach Maria's house
14 Take a soup can in each hand and do forward and backward circles, then stretch	15 Practice 9:00am-12:00pm 5:00pm-7:00pm GVSD Team Parent Meeting 6:30 pm	16 Practice 9:00am-12:00pm 5:00pm-7:00pm	17 Practice 9:00am-12:00pm 5:00pm-7:00pm	18 Practice 8:00-10:00am 5:00pm-7:00pm	19 Practice 9:00am-12:00pm 5:00pm-7:00pm	20 Run or ride your bike
21 Stretch and Move around today because you will be sore Using a broomstick do some squats	22 Practice 9:00am-12:00pm 5:00pm-7:00pm	23 Practice 9:00am-12:00pm 5:00pm-7:00pm	24 Practice 9:00am-12:00pm 5:00pm-7:00pm	25 Practice Practice 9:00am-12:00pm Skyline meet away	26 Practice 9:00am-12:00pm 5:00pm-7:00pm	27 Run or ride your bike
28 Jump rope 3x5:00 then stretch and make sure you are well hydrated	29 Practice 9:00am-12:00pm 5:00pm-7:00pm	30 Practice 9:00am-12:00pm 5:00pm-7:00pm	31 Practice 9:00am-12:00pm Lakeland Meet away	Notes: Be prepared for dry land practice everyday. You need t-shirt, shorts and proper running shoes		

◀ August		~ Master Swim Schedule September 2011 ~					October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Practice 9:00am-12:00pm 5:00pm-7:00pm	2 Practice 9:00am-12:00pm 5:00pm-7:00pm	3	
4	5 Labor Day No Practice	6 1 st day of school Practice 2:30- 5:30pm	7 Practice 2:30- 5:30pm	8 Meet TBD	9 Practice 2:30- 5:30pm	10 Fenton Relays	
11	12 Practice 2:30- 5:30pm	13 Practice 5:30- 6:35am Practice 2:30- 4:30pm	14 Practice 5:30- 6:35am Practice 2:30- 4:30pm	15 Practice 5:30- 6:35am Meet TBD	16 Practice 2:30- 5:30pm	17 Practice 1:00- 2:30pm	
18	19 Practice 2:30- 5:30pm	20 Practice 5:30- 6:35am Practice 2:30- 4:30pm	21 Practice 5:30- 6:35am Practice 2:30- 4:30pm	22 Practice 5:30- 6:35am Home Meet vs Brighton 6:00 Warm-ups @4:30	23 Practice 2:30- 5:30pm	24 South Lyon Quad Meet	
25	26 Practice 2:30- 5:30pm	27 Practice 5:30- 6:35am Practice 2:30- 4:30pm	28 Practice 5:30- 6:35am Practice 2:30- 4:30pm	29 Practice 5:30- 6:35am Home Meet vs Pinckney 6:00 Warm-ups @4:30	30 Coach Fundraiser Homecoming game		

More Calendars: [October](#), [November](#), [December](#)

◀ September	~ October 2011 ~						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 Practice 1:00-2:30pm	
2	3 Practice 2:30-5:30pm	4 Practice 5:30-6:35am Practice 2:30-4:30pm	5 Practice 5:30-6:35am Practice 2:30-4:30pm	6 Practice 5:30-6:35am Away Meet vs GR Blanc	7 Practice 2:30-5:30pm	8 Practice 1:00-2:30pm	
9	10 Practice 2:30-5:30pm	11 Practice 5:30-6:35am Practice 2:30-4:30pm	12 Practice 5:30-6:35am Practice 2:30-4:30pm	13 Practice 5:30-6:35am Away Meet vs Milford	14 Practice 2:30-5:30pm	15 Practice 1:00-2:30pm	
16	17 Practice 2:30-5:30pm	18 Practice 5:30-6:35am Practice 2:30-4:30pm	19 Practice 5:30-6:35am Practice 2:30-4:30pm	20 Practice 5:30-6:35am Away Meet vs Howell	21 Practice 2:30-5:30pm	22 MISCA Meet ?? Practice 1:00-2:30pm	
23	24 Practice 2:30-5:30pm	25 Practice 5:30-6:35am Practice 2:30-4:30pm	26 Practice 5:30-6:35am Practice 2:30-4:30pm	27 Practice 5:30-6:35am Practice 2:30-4:30pm	28 Division Diving Meet Practice 2:30-5:30pm	29 Division Swim/Dive Meet	
30	31 Practice 2:30-4:30pm						

◀ October		~ November 2011 ~					December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Practice 2:30-4:30pm	2 GVSD 2:30-4:30pm	3 Practice 2:30-4:30pm	4 Conference Meet	5 Conference Meet	
6	7 Practice 2:30-5:30pm	8 Practice 2:30-4:30pm	9 GVSD 2:30-4:30pm	10 Practice 2:30-4:30pm	11 Practice 2:30-4:30pm	12 No Practice	
13	14 Practice 2:30-5:30pm	15 Diving Regional Practice 2:30-4:30pm	16 Practice 2:30-4:30pm	17 Practice 2:30-4:30pm	18 State Meet EMU	19 State Meet EMU	

- *Everyone competes in the Conference Meet
- *Banquet is the 1st week in December @ Waldenwoods
- *Must attend 18 of the 21 morning practices to be a candidate for a letter this season
- *You must have a physical/waiver on file with Hartland Athletics or you cannot practice
(Physical/Waiver must be completely filled out or it's no good)
- *Your pay to play in by August 18th and that can be done at www.hartlandcommunityed.com
- *All forms filled out online at www.hartlandcommunityed.com by August 18th
- *We will have an updated schedule and bus departure times available at the next parent mtg.
- *Next Parent Meeting is August 15 6:30pm this is mandatory for at least one parent
- *Junior Parents are responsible for Senior Night
- *Coach's fundraiser working the concession stand for the Homecoming Game
- *Captain's fundraiser a Bottle Drive

