

2011 Girls' Swimming: Practice Times

PM Practices:

- Mondays: 1:50-4:00 pm
- Tues/Thurs: 1:00-3:30 pm
- Wed/Fri: 2:55-5:30 pm
- Saturdays: usually 7-9 am, but could be anytime from 6-11 am

AM Practices (mandatory for JV & Varsity:

- Monday: 6:00-7:30 am (dryland & swim)
- Tuesday: 6:00-7:30 am (dryland & swim)
- Thursday: 6:00-7:30 am (dryland & swim)
- Friday: 6:00-7:30 am (dryland & swim)

2011 Spring Break Swim Practices:

Saturday, April 2 – Saturday, April 9 (no Sundays):

7-9 am; 1-3 pm (JV & Varsity), only am practice on both Saturdays.

** reminder: per contract, all swimmers are expected to be at all of these practices during spring break if you're staying in town; a minimum of 5 (F/S/Open), 9 (Vars./JV) practices are required if you're leaving town.*

2011 CAHSEE Minimum Day Schedule (tentative):

Tuesday, March 8 & Wednesday 9, 2011

<u>Period</u>	<u>Time</u>
0	7:00 – 7:50
1,2	8:00- 9:05
3,4	10:00 – 11:05
5,6	11:15 – 12:20

CAHSEE Practice times: Tuesday: 11:15-1:30 pm; Wednesday: 1:30-3:30 pm

(Minimum) Day: PM practice 12:10-2:15 pm (teacher collab. days)

Monday, February 28

Wednesday, March 14

Monday, March 28

Monday, April 16

AP Testing: Monday, May 2-Friday, May 13

*It is YOUR responsibility to triple-check your AP Exam dates regarding League & CIF Championships. If there is a conflict, you'll need to sign up for the alternate test date.