|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **FEBRUARY 2016 INTRO EAST**  **Swimmers are expected to bring their equipment to every swim practice. Equipment required: TSC t-shirt, shorts, skipping rope, water bottle & kickboard. Swimmers are expected to arrive on deck 15 minutes before the start of each practice and swim meet. Each practice will end with a 5-6 minute meeting.** | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| JAN 31 | 1  **INTRO JR**  6:00-7:15 p.m.  **INTRO SR**  7:00-8:15 p.m. | 2  **GROUNDHOG DAY** | 3  **INTRO JR**  6:00-7:15 p.m.  **INTRO SR**  7:00-8:15 p.m. | 4 | 5 | 6 |
| 7 | 8  **INTRO JR**  6:00-7:15 p.m.  **INTRO SR**  7:00-8:15 p.m. | 9 | 10  **INTRO JR**  6:00-7:15 p.m.  **INTRO SR**  7:00-8:15 p.m. | 11 | 12 | 13 |
| 14 | 15  **FAMILY DAY**  **No Practice** | 16  **Make-up Harbord**  **INTRO JR**  5:45-7:00 p.m.  **INTRO SR**  6:45-8:00 p.m. | 17  **INTRO JR**  6:00-7:15 p.m.  **INTRO SR**  7:00-8:15 p.m. | 18 | 19 | 20 |
| 21 | 22  **INTRO JR**  6:00-7:15 p.m.  **INTRO SR**  7:00-8:15 p.m. | 23 | 24  **INTRO JR**  6:00-7:15 p.m.  **INTRO SR**  7:00-8:15 p.m. | 25 | 26 | 27 |
| 28 | 29  **INTRO JR**  6:00-7:15 p.m.  **INTRO SR**  7:00-8:15 p.m. |  |  |  |  |  |