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| **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. |  |  |  |  |  |