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| **FEBRUARY 2016 INTRO WEST**  **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 | 2  **GROUNDHOG DAY**  **INTRO JR**  5:45-7:00 pm  **INTRO SR**  6:45-8:00 pm | 3 | 4  **INTRO JR**  5:45-7:00 pm  **INTRO SR**  6:45-8:00 pm | 5 | 6 |
| 7 | 8 | 9  **INTRO JR**  5:45-7:00 pm  **INTRO SR**  6:45-8:00 pm | 10 | 11  **INTRO JR**  5:45-7:00 pm  **INTRO SR**  6:45-8:00 pm | 12 | 13 |
| 14 | 15  **FAMILY DAY**  **No Practice** | 16  **INTRO JR**  5:45-7:00 pm  **INTRO SR**  6:45-8:00 pm | 17 | 18  **INTRO JR**  5:45-7:00 pm  **INTRO SR**  6:45-8:00 pm | 19 | 20 |
| 21 | 22 | 23  **INTRO JR**  5:45-7:00 pm  **INTRO SR**  6:45-8:00 pm | 24 | 25  **INTRO JR**  5:45-7:00 pm  **INTRO SR**  6:45-8:00 pm | 26 | 27 |
| 28 | 29 |  |  |  |  |  |