

AUGUST 2008

Sunday	Monday	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2
		US Open @ Minneapolis, MN	Far Westerns @ San Jose, CA US Open	Far Westerns US Open	Far Westerns US Open	BEST Season Finale @ BEST Far Westerns US Open
3 BEST Season Finale Far Westerns No Masters/Lap	4 BEST Team Break Aug 4 th -17 th Jr. Nationals @ Minneapolis, MN	5 Jr. Nationals	6 Jr. Nationals	7 Jr. Nationals	8 Jr. Nationals	9
10 Masters/Lap 10 - 12 noon	11	12	13	14 No Masters/Lap Masters Nationals @ Portland, OR	15 No Masters/Lap Masters Nationals	16 No Masters/Lap Masters Nationals
17 No Masters/Lap Masters Nationals	18 Gold & Silver Begin Practice No Masters/Lap	19 Bronze Begins Practice	20 Blue, Red, White Begin Practice	21	22	23
24 Masters/Lap 10 - 12 noon	25 Rising Stars & Starfish Begin Practice	26	27	28	29	30
31 Masters/Lap 10 - 12 noon						

OVER FOR PRACTICE SCHEDULE

BEST

2008 FALL PRACTICE SCHEDULE

(Dry land will take place within the practice times listed below, except for the Gold group)

GOLD Tues., Thurs., Fri. 5:30 – 7:00 a.m.
 Monday – Friday 3:30 – 6:00 p.m.
 Saturday 8:00 – 10:30 a.m.
 (Dry land Tues., Thurs., & Sat. after practice times listed above)

SILVER Mon., Wed., Fri. 5:30 – 7:00 a.m.
 Monday – Friday 3:45 – 6:00 p.m.
 Saturday 7:15 – 10:00 a.m.
 (Dry land Mon., Wed., after practice & Sat. before practice)

BRONZE Tues. 5:30 – 7:00 a.m.
 Mon. Wed. & Fri. 4:00 – 6:00 p.m.
 Tues. & Thurs. 3:30 – 6:00 p.m.
 Saturday 8:00 – 10:00 a.m.
 (Dry land Tues. Thurs. & Sat. before practice)

BLUE Monday 5:45 – 7:45 p.m.
 Tues. & Thurs. 5:45 – 7:30 p.m.
 Wed. 5:30 – 7:45 p.m.
 Friday 6:00 – 7:30 p.m.
 Saturday 7:30 – 10:00 a.m.
 (Dry land Mon., Wed. & Sat. before practice)

RED Monday – Friday 6:00 – 7:45 p.m.
 Saturday 10:30 – 12:15 p.m.
 (Dry land Mon. Wed. & Sat. before practice)

WHITE Monday 6:00 – 7:30 p.m.
 Tues. & Thurs. 5:45 – 7:30 p.m.
 Wed. 6:00 – 7:00 p.m.
 Friday 5:00 – 6:30 p.m.
 Saturday 10:30 – 12:00 noon
 (Dry land Tues. Thurs. & Sat. before practice)

RISING STARS Mon. & Fri. 5:00 – 6:00 p.m.
 Tues. & Thurs. 5:00 – 6:15 p.m.
 Sat. 10:00 – 11:00 a.m.
 (Dry land Tues. & Thurs before practice)

STARFISH Monday 5:00 – 6:00 p.m.
 Tues. & Thurs. 4:15 – 5:15 p.m.
 Saturday 10:00 – 11:00 a.m.
 (Dry land Tues. & Thurs. after practice)

BROPHY SWIM CLUB MASTERS

Monday – Friday	5:30 – 7:00 a.m.	11:30 – 1:00 p.m.	6:00 – 7:30 p.m.
Sunday	10:00 – 12:00 noon		7/30/08