

# LAKE LYTAL LIGHTNING SWIM TEAM

## ADVANCED SILVER-SENIOR TRAINING SCHEDULE FEB.-MARCH 2010

DAY	DATE	SENIOR A,AA,AAA,AAAA	SILVER	
MONDAY	8-Feb	4:15-7 PM	4:30-6 PM + DRYLAND	
TUESDAY	9-Feb	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
WEDNESDAY	10-Feb	4:15-7 PM	4:30-6:30 INCL. DRYLAND	← TRAINING FEES DUE
THURSDAY	11-Feb	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
FRIDAY	12-Feb	4:15-6:15 PM	4:30-6:15 PM	
SATURDAY	13-Feb	6:45-10:45 AM	6:45-10:45 AM SILVER A ONLY (INCL. DRYLAND)	
SUNDAY	14-Feb	OFF	OFF	
MONDAY	15-Feb	<b>7:30 AM-10 AM</b>	<b>7:30-9:30 AM</b>	MORNING PRACTICE !
TUESDAY	16-Feb	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
WEDNESDAY	17-Feb	4:15-7 PM	4:30-6:30 INCL. DRYLAND	
THURSDAY	18-Feb	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
FRIDAY	19-Feb	4:30-6:00	4:30-6:00	
SATURDAY	20-Feb	<b>FGC OPEN INV. @ NORTH PALM</b>		
SUNDAY	21-Feb			
MONDAY	22-Feb	4:15-7 PM	4:30-6 PM + DRYLAND	
TUESDAY	23-Feb	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
WEDNESDAY	24-Feb	4:15-7 PM	4:30-6:30 INCL. DRYLAND	
THURSDAY	25-Feb	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
FRIDAY	26-Feb	4:15-6:15 PM	4:30-6:15 PM	
SATURDAY	27-Feb	6:45-10:45 AM	6:45-10:45 AM SILVER A ONLY (INCL. DRYLAND)	
SUNDAY	28-Feb	OFF	OFF	
MONDAY	1-Mar	4:15-7 PM	4:30-6 PM + DRYLAND	
TUESDAY	2-Mar	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
WEDNESDAY	3-Mar	4:15-7 PM	4:30-6:30 INCL. DRYLAND	
THURSDAY	4-Mar	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
FRIDAY	5-Mar	<b>FGC NORTH DIV. II CHAMPS @ LAKE LYTAL/ JO &amp; SR. CHAMPS</b>		
SATURDAY	6-Mar	<b>TEAM PRACTICE TBA</b>		
SUNDAY	7-Mar			
MONDAY	8-Mar	4:15-7 PM	4:30-6 PM + DRYLAND	
TUESDAY	9-Mar	4:15-7:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
WEDNESDAY	10-Mar	4:15-7 PM	4:30-6:30 INCL. DRYLAND	← TRAINING FEES DUE
THURSDAY	11-Mar	4:15-7:30 PM (INCL. DRYLAND)	<b>FGC JR. OLYMPICS</b>	
FRIDAY	12-Mar	4:15-6:15 PM		
SATURDAY	13-Mar	6:45-10:45 AM		
SUNDAY	14-Mar	OFF		
MONDAY	15-Mar	13-14 OFF 15 & OVER 4:15-6:30	OFF	
TUESDAY	16-Mar	4:15-7:00 PM (INCL. DRYLAND)	4:30-6:15 PM	<b>Silver Group Technique &amp; Drills Emphasis to Spring Break</b>
WEDNESDAY	17-Mar	4:15-6:30 PM	4:30-6:30 INCL. DRYLAND	
THURSDAY	18-Mar	4:15-7:00 PM (INCL. DRYLAND)	4:30-6:15 PM	
FRIDAY	19-Mar	4:15-6:00 PM	4:30-6:15 PM	
SATURDAY	20-Mar	7-10:00 AM (INCL. DRYLAND)	7-10:00 AM (INCL. DRYLAND) SILVER A ONLY	
SUNDAY	21-Mar	OFF	OFF	
MONDAY	22-Mar	4:15-7 PM	4:30-6 PM + DRYLAND	
TUESDAY	23-Mar	4:15-6:30 PM (INCL. DRYLAND)	4:30-6:15 PM	
WEDNESDAY	24-Mar	4:15-6:30 PM	4:30-6:30 INCL. DRYLAND	
THURSDAY	25-Mar	4:15-6:00 PM	4:30-6:15 PM	
FRIDAY	26-Mar		4:30-6:15 PM	
SATURDAY	27-Mar	<b>FGC SR. CHAMPS @ PLANTATION</b>		
SUNDAY	28-Mar			
<b>LIGHTNING SPRING BREAK MARCH 29-APRIL 4 STAY ACTIVE &amp; EAT HEALTHY</b>				

**PLANNING AHEAD:**  
MARCH 11-14 FGC 14 & UND. JR. OLYMPICS @ CORAL SPRINGS  
MARCH 26-28 FGC SR. CHAMPIONSHIPS @ PLANTATION  
MARCH 27-APRIL 4 LIGHTNING SPRING BREAK