



## **Saint Francis of Assisi Middle School**

### **Swim Team**

*a co-op with LB Clarke Middle School Two-Rivers*

#### **Practices Schedule**

Tuesday November 28 -6:30-8:00 p.m.

Wednesday November 29 -6:30-8:00 p.m.

Thursday November 30 -6:30-8:00 p.m.

Monday December 4 6:30-8:00 p.m.-Dryland workout

Tuesday December 5 -6:30-8:00 p.m.

Wednesday December 6 -6:30-8:00 p.m.

Thursday December 7 -6:30-8:00 p.m.

Monday December 11 6:30-8:00 p.m.-Dryland workout

Tuesday December 12 -6:30-8:00 p.m.

Wednesday December 13 -6:30-8:00 p.m.

Thursday December 14 -6:30-8:00 p.m.

Monday December 18 6:30-8:00 p.m.-Dryland workout

Tuesday December 19 -6:30-8:00 p.m.

Wednesday December 20 -6:30-8:00 p.m.

Thursday December 21 -6:30-8:00 p.m.

Tuesday January 3rd -6:30-8:00 p.m.

## Swim Practice and Swim Meets

Monday January 8 6:30-8:00 p.m.-Dryland workout

Tuesday January 9 **Swim meet**

Wednesday January 10 6:30-8:00 p.m.

Thursday January 11 **Swim meet**

Monday January 15 6:30-8:00 p.m.-Dryland workout

Tuesday January 16 **Swim meet**

Wednesday January 17 6:30-8:00 p.m.

Thursday January 18 **Swim meet**

Monday January 22 6:30-8:00 p.m.-Dryland workout

Tuesday January 23 **Swim meet**

Wednesday January 24 6:30-8:00 p.m.

Thursday January 25 **Swim meet**

Saturday January 27 **Swim meet**

### Remember you will need:

Swim Suit, Goggles, Towel and water bottle

Dryland practice-t-shirt, shorts and sneakers

**If you are unable to attend a practice please send an e-mail or text to one of the coaches**

### Coaches:

Jen Harrison, (SFA) 920-254-3457/[jcharrison@hotmail.com](mailto:jcharrison@hotmail.com)

Russ Weigel (SFA) 920-323-7303/[russweigel@gmail.com](mailto:russweigel@gmail.com)

Jason Griffin (LB Clarke) 920-860-6800/[jwgriffnfl@yahoo.com](mailto:jwgriffnfl@yahoo.com)

**If your student is unable to attend practice...please do not worry. The coaches are asking for a simple text or e-mail to explain they will not be there.**