

# CMA Winter Practice Schedule 2010

[starts Monday January 25, 2010]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>National</b>	6:30-9:00C	7:30-9:30C Morning 5:45-7:00	7:30-9:30C	7:30-9:30C Morning 5:45-7:00	5:00-7:00C		6:00-8:00C
<b>Prenational</b>	6:30-9:00C	7:30-9:30C Dryland 6:30-7:15 Morning 5:45-7:00	7:30-9:30C Dryland 6:30-7:15	7:30-9:30C Morning 5:45-7:00	5:00-7:00C		6:00-8:00C
<b>Senior</b>	6:30-8:00C	7:30-9:00C	7:30-9:00C	7:30-9:00C	5:00-7:00C		
<b>Gold</b>	7:30-9:00C Dryland 6:30-7:15	6:30-8:00C	7:30-9:00C Dryland 6:30-7:15	6:30-8:00C	6:00-7:00C		
<b>Silver+</b>	6:30-8:00C	6:30-8:00C	6:30-8:00C	6:30-8:00C	5:00-6:00 SP		
<b>Silver</b>	5:00-6:00SP	5:00-6:00SP	6:30-7:30C	5:00-6:00SP	5:00-6:00SP		
<b>Bronze</b>	5:00-6:00SP	5:00-6:00SP	5:00-6:00SP	5:00-6:00SP	NO Practice		

\*\*\*Wednesday January 27 - NO practice at South Portland for any groups

\*\*\*Friday January 29 - NO practice at the Cape Pool. Gold swimmers may go to the So Po practice 5-6.

\*\*\*Thursday February 4 - NO practice at Cape or at South Portland for any groups

\*\*\*Friday February 5 - NO practice at Cape for any groups

Alternative Practice Schedule Feb. 15-19 Vacation Week TBA. Home CMA Meet for ALL Feb. 19-21!!!

Please advise your coach if you will be away.