



Turkey Practice Challenge



We will be holding practice during Thanksgiving Break for Jr/Sr and TYM Adv
These practices are not mandatory, but we extremely advise you to come for additional training and conditioning for the up coming meets as well as championship meets.

The Scheduling is as followed:

	JR/SR	TYM ADV
26-Nov	9:00-1:00	10:30-1:00
27-Nov	9:00-1:00	10:30-1:00
28-Nov	9:00-1:00	10:30-1:00

9-9:30 DRY LAND in BIG GYM
9:30-11 Swim, Swim, Swim
11-11:30 Break/ drinks/ light snack
11:30-12 Dry LAND
12:00-1 Swim, Swim, Swim
1-1:30 Team Lunch provided by Parents

10:30-1 Dry Land
11:00-1 Swim
1-1:30 Team Lunch

Parents, if you can please help out in bringing some food, plates, cups and drinks for the swimmers. Thank you in advanced for helping us out with our team Thanksgiving lunch.

We hope to see you then!
Happy Thanksgiving!!!

