

Workouts & Meets July 2 to July 20

Thursday July 2,	Senior 4:15pm-6:30pm	“Elite” 5:45pm-8pm
Friday July 3 rd	Senior & “Elite” 7:15am-9:30am (No Drylands) No pm Workout	
Saturday July 4	OFF(both Teams)	
Sunday July 5	Senior & “Elite” 8:45am-11am AT Lehman College	
Monday July 6	Senior & “Elite Double”7:15am-9:45am	Elite 5:15pm-7:30pm
Tuesday July 7	Senior 4:15pm-6:30pm	“Elite” 5:45pm-8pm
Wednesday July 8	Senior 4:15pm-6:30pm	“Elite” 5:15pm-7:30pm
Thursday July 9	Senior & “Elite” 4:15pm-6:30pm(Abby,Caitlin,David,Ian, Ron) leave for Buff	
Friday July 10	Senior & “Elite” 4:15pm-6:30pm	(Ashleigh leaves for Buffalo)
Saturday July 11	OFF(Both Teams)	
Sunday July 12	Senior & “Elite” 9:45am-12pm	
Monday July 13	Senior 7:15am-9:45 (“Elite” sleep in)	“Elite” 4:45pm-7:30pm
Tuesday July 14	Senior 4:15pm-6:30pm	“Elite” 5:45pm-8pm
Wednesday July 15	Senior 4:15pm-6:30pm	“Elite” 5:15pm-7:30pm
Thursday July 16	Senior 4:15pm-6:30pm	“Elite” 5:45pm-8pm
Friday July 17	Senior & “Elite Double”7:15am-9:45am	Elite 5:15pm-7:30pm
Saturday July 18	Swim Meet at Felix Festa (11&12,15&over 7:15WU,10&Un&13-14	
Sunday July 19	12:45WU) “Elite” except for Shani are only swimming Saturday they have Sunday Off	
Monday July 20	Senior & “Elite Double”7:15am-9:45am	Elite 5:15pm-7:30pm

We should try to organize a BEACH day for Tuesday or Wednesday or Thursday July 14-16

We would go to the Beach in the AM and then return for practice in PM