

Short Course 2010-2011 Practice Schedule

Rev: 01

SWAT Hotline - 414-299-9428-Call daily for info,practice changes due to pool/weather cancellation

W = Practice at Whitnall

M = Practice at Muskego

G = Practice at Greenfield

Key:

X= No Practice

AM = Morning Practice

D = Dryland

PM = Afternoon/Evening Practice

Week 1		Sunday 29-Aug	Monday 30-Aug	Tuesday 31-Aug	Wednesday 1-Sep	Thursday 2-Sep	Friday 3-Sep	Saturday 4-Sep
Senior Platinum	AM	X	X	X	X	X	X	X
	D	X	X	X	X	X	X	X
	PM	X	X	5:30-7:00(W)	X	5:30-7:00(W)	X	X
Junior Platinum	AM	X	X	X	X	X	X	X
	D	X	X	X	X	X	X	X
	PM	X	X	5:30-7:00(W)	X	5:30-7:00(W)	X	X
Senior Gold	AM	X	X	X	X	X	X	X
	D	X	X	X	X	X	X	X
	PM	X	X	5:30-7:00(W)	X	5:30-7:00(W)	X	X
Junior Gold	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Age Group Platinum	AM	X	X	X	X	X	X	X
	PM	X	X	7:00-8:15(W)	X	7:00-8:15(W)	X	X
Age Group Gold	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Age Group Silver	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Gold 8's	PM	X	X	X	X	X	X	X
Silver 8's	PM	X	X	X	X	X	X	X
Week 2		Sunday 5-Sep	Monday 6-Sep	Tuesday 7-Sep	Wednesday 8-Sep	Thursday 9-Sep	Friday 10-Sep	Saturday 11-Sep
Senior Platinum	AM	X	X	X	X	X	X	7:30-9:30(M)
	D	X	X	X	X	X	X	X
	PM	X	X	5:30-7:30(W)	X	3:45-6:00(M)	X	X
Junior Platinum	AM	X	X	X	X	X	X	X
	D	X	X	X	X	X	X	X
	PM	X	X	5:30-7:30(W)	X	6:00-8:00(M)	6:00-7:30(G)	X
Senior Gold	AM	X	X	X	X	X	X	X
	D	X	X	X	X	X	X	X
	PM	X	X	5:30-7:30(W)	X	6:00-8:00(M)	6:00-7:30(G)	X
Junior Gold	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	5:30-7:00(W)	6:00-7:30(G)	X
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Age Group Platinum	AM	X	X	X	X	X	X	9:30-11:00(M)
	PM	X	X	6:00-7:45(M)	X	6:45-8:15(W)	X	X
Age Group Gold	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	5:30-6:45(W)	X	1:15-2:45(M)
Age Group Silver	AM	X	X	X	X	X	New Swimmers Team Tryouts	New Swimmer Tryouts (M) 11:30
	PM	X	X	X	X	X		
Gold 8's	PM	X	X	X	X	X		
Silver 8's	PM	X	X	X	X	X	6:00-7:30(W)	SWAT Registration 9:30@ (M)

Short Course 2010-2011 Practice Schedule

Rev: 01

SWAT Hotline - 414-299-9428-Call daily for info,practice changes due to pool/weather cancellation

W = Practice at Whitnall

M = Practice at Muskego

G = Practice at Greenfield

Key:

X= No Practice

AM = Morning Practice

D = Dryland

PM = Afternoon/Evening Practice

Week 3		Sunday 12-Sep	Monday 13-Sep	Tuesday 14-Sep	Wednesday 15-Sep	Thursday 16-Sep	Friday 17-Sep	Saturday 18-Sep
Senior Platinum	AM	9-11:30(W)	X	X	X	X	X	8:00-10:30(G)
	D	X	X	X	X	5:00-5:50(M)	X	X
	PM	X	X	3:45-6:00(M)	X	6:00-7:30(M)	X	X
Junior Platinum	AM	X	X	X	X	X	X	7:30-9:30(M)
	D	X	X	X	X	6:00-6:50(M)	X	X
	PM	X	X	6:00-8:00(M)	X	7:00-8:30(M)	5:30-7:30(W)	X
Senior Gold	AM	X	X	X	X	X	X	7:30-9:30(M)
	D	X	X	X	X	6:00-6:50(M)	X	X
	PM	X	X	6:00-8:00(M)	X	7:00-8:30(M)	5:30-7:30(W)	X
Junior Gold	AM	X	X	X	X	X	X	9:30-11:00(M)
	PM	X	X	5:30-7:00(W)	X	5:30-7:00(W)	X	X
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Age Group Platinum	AM	X	X	X	X	X	X	8:00-10:00(G)
	PM	X	6:00-7:45(M)	6:45-8:15(W)	X	6:45-8:15(W)	X	X
Age Group Gold	AM	X	X	X	X	X	X	9:30-11:00(M)
	PM	X	X	5:30-6:45(W)	X	5:30-6:45(W)	X	X
Age Group Silver	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Gold 8's	PM	X	X	X	X	X	X	X
Silver 8's	PM	X	X	X	X	X	X	X
Week 4		Sunday 19-Sep	Monday 20-Sep	Tuesday 21-Sep	Wednesday 22-Sep	Thursday 23-Sep	Friday 24-Sep	Saturday 25-Sep
Senior Platinum	AM	9:00-11:30(W)	X	X	X	X	X	8:00-10:30(G)
	D	X	X	5:30-6:20(M)	X	5:00-5:50(M)	X	X
	PM	X	X	3:45-5:20(M)	3:45-6:00(W)	6:00-7:30(M)	X	X
Junior Platinum	AM	X	X	X	X	X	X	7:30-9:30(M)
	D	X	X	4:40-5:20(M)	X	6:00-6:50(M)	X	X
	PM	X	6:00-8:00(G)	5:30-7:00(M)	X	7:00-8:30(M)	5:30-7:30(W)	X
Senior Gold	AM	X	X	X	X	X	X	7:30-9:30(M)
	D	X	X	4:40-5:20(M)	X	6:00-6:50(M)	X	X
	PM	X	6:00-8:00(G)	5:30-7:00(M)	X	7:00-8:30(M)	5:30-7:30(W)	X
Junior Gold	AM	X	X	X	X	X	X	9:30-11:00(M)
	PM	X	6:00-8:00(G)	5:30-7:00(W)	4:15-6:00(W)	5:30-7:00(W)	X	X
Senior Training	AM	X	X	X	X	X	X	9:30-11:00(M)
	PM	X	X	5:30-7:00(W)	X	5:30-7:00(W)	X	X
Age Group Platinum	AM	X	X	X	X	X	X	8:00-10:00(G)
	PM	1:00-3:00(M)	6:00-7:45(M)	X	6-7:30(G)	X	6:00-7:30(G)	X
Age Group Gold	AM	X	X	X	X	X	X	11:00-12:30(M)
	PM	1:00-3:00(M)	X	7:00-8:15(M)	6-7:30(G)	X	6:00-7:30(G)	X
Age Group Silver	AM	X	X	X	X	X	X	X
	PM	X	X	7:00-8:15(W)	X	7:00-8:15(W)	X	12:30-2:00(M)
Gold 8's	PM	X	X	6:15-7:00(W)	X	6:15-7:00(W)	X	2:00-3:00(M)
Silver 8's	PM	X	X	5:30-6:15(W)	X	5:30-6:15(W)	X	2:00-3:00(M)

Short Course 2010-2011 Practice Schedule

Rev: 01

SWAT Hotline - 414-299-9428-Call daily for info,practice changes due to pool/weather cancellation

W = Practice at Whitnall

M = Practice at Muskego

G = Practice at Greenfield

Key:

X= No Practice

AM = Morning Practice

D = Dryland

PM = Afternoon/Evening Practice

Week 5		Sunday 26-Sep	Monday 27-Sep	Tuesday 28-Sep	Wednesday 29-Sep	Thursday 30-Sep	Friday 1-Oct	Saturday 2-Oct
Senior Platinum	AM	9:00-11:30(W)	X	X	X	X	X	SWAT
	D	X	5:00-5:50(M)	X	X	5:00-5:50(M)	X	SR
	PM	X	6:00-7:30(M)	X	3:45-6:00(W)	6:00-7:30(M)	6:00-7:30(G)	Meet
Junior Platinum	AM	X	X	X	X	X	X	SWAT
	D	X	6:00-6:50(M)	X	X	6:00-6:50(M)	X	SR
	PM	X	7:00-8:30(M)	X	6:00-8:00(M)	7:00-8:30(M)	6:00-7:30(G)	Meet
Senior Gold	AM	X	X	X	X	X	X	SWAT
	D	X	6:00-6:50(M)	X	X	6:00-6:50(M)	X	SR
	PM	X	7:00-8:30(M)	X	6:00-8:00(M)	7:00-8:30(M)	6:00-7:30(G)	Meet
Junior Gold	AM	X	X	X	X	X	X	SWAT SR
	PM	X	X	5:30-7:00(W)	4:15-6:00(W)	X	5:30-7:00(W)	Meet
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	5:30-7:00(W)	4:15-6:00(W)	X	5:30-7:00(W)	X
Age Group Platinum	AM	X	X	X	X	X	X	SWAT AG
	PM	1:00-3:00(M)	6:00-7:30(G)	X	X	7:00-8:30(W)	6:00-7:45(M)	Dist Meet
Age Group Gold	AM	X	X	X	X	X	X	SWAT AG
	PM	1:00-3:00(M)	6:00-7:30(G)	X	X	5:30-7:00(W)	X	Dist Meet
Age Group Silver	AM	X	X	X	X	X	X	9:00-10:30(M)
	PM	X	X	7:00-8:15(W)	X	X	7:00-8:15(W)	X
Gold 8's	PM	X	X	6:15-7:00(W)	X	6:15-7:00(W)	6:15-7:00(W)	10:30-11:30(M)
Silver 8's	PM	X	X	5:30-6:15(W)	X	5:30-6:15(W)	5:30-6:15(W)	X
Week 6		Sunday 3-Oct	Monday 4-Oct	Tuesday 5-Oct	Wednesday 6-Oct	Thursday 7-Oct	Friday 8-Oct	Saturday 9-Oct
Senior Platinum	AM	9:00-11:30(W)	X	X	X	X	X	8-10:30(G)
	D	X	X	X	X	5:00-5:50(M)	X	X
	PM	X	4:30-6:30(G)	3:30-5:30(W)	X	6:00-7:30(M)	6:00-7:30(G)	X
Junior Platinum	AM	X	X	X	X	X	X	7:30-9:30(M)
	D	X	X	X	X	6:00-6:50(M)	X	X
	PM	X	4:30-6:30(G)	6:45-8:30(M)	X	7:00-8:30(M)	6:00-7:30(G)	X
Senior Gold	AM	X	X	X	X	X	X	7:30-9:30(M)
	D	X	X	X	X	6:00-6:50(M)	X	X
	PM	X	4:30-6:30(G)	6:45-8:30(M)	X	7:00-8:30(M)	6:00-7:30(G)	X
Junior Gold	AM	X	X	X	X	X	X	9:30-11:00(M)
	PM	X	4:30-6:30(G)	5:30-7:00(W)	X	X	5:30-7:00(W)	X
Senior Training	AM	X	X	X	X	X	X	9:30-11:00(M)
	PM	X	X	5:30-7:00(W)	X	X	5:30-7:00(W)	X
Age Group Platinum	AM	X	X	X	X	X	X	8:00-10:00(G)
	PM	1:00-3:00(M)	6:30-8:00(G)	X	6:00-7:45(M)	7:00-8:30(W)	X	X
Age Group Gold	AM	X	X	X	X	X	X	11:00-12:45(M)
	PM	1:00-3:00(M)	6:30-8:00(G)	X	X	5:30-7:00(W)	X	X
Age Group Silver	AM	X	X	X	X	X	X	X
	PM	X	6:00-7:30(M)	7:00-8:15(W)	X	X	7:00-8:15(W)	12:45-2:00(M)
Gold 8's	PM	X	X	6:15-7:00(W)	X	6:15-7:00(W)	6:15-7:00(W)	2:00-3:00(M)
Silver 8's	PM	X	X	5:30-6:15(W)	X	5:30-6:15(W)	5:30-6:15(W)	X

Short Course 2010-2011 Practice Schedule

Rev: 01

SWAT Hotline - 414-299-9428-Call daily for info,practice changes due to pool/weather cancellation

W = Practice at Whitnall

M = Practice at Muskego

G = Practice at Greenfield

Key:

X= No Practice

AM = Morning Practice

D = Dryland

PM = Afternoon/Evening Practice

Week 7		Sunday 10-Oct	Monday 11-Oct	Tuesday 12-Oct	Wednesday 13-Oct	Thursday 14-Oct	Friday 15-Oct	Saturday 16-Oct
Senior Platinum	AM	9:00-11:30(W)	X	X	X	X	BAC	8-10:30(G)
	D	X	X	5:30-6:20(M)	X	5:00-5:50(M)	Senior	X
	PM	X	X	3:45-5:20(M)	3:45-6:00(W)	6:00-7:30(M)	Meet	X
Junior Platinum	AM	X	X	X	X	X	BAC	8-10:30(G)
	D	X	X	4:40-5:20(M)	X	6:00-6:50(M)	Senior	X
	PM	X	6:00-8:00(G)	5:30-7:00(M)	X	7:00-8:30(M)	Meet	X
Senior Gold	AM	X	X	X	X	X	BAC	8-10:30(G)
	D	X	X	4:40-5:20(M)	X	6:00-6:50(M)	Senior	X
	PM	X	6:00-8:00(G)	5:30-7:00(M)	X	7:00-8:30(M)	Meet	X
Junior Gold	AM	X	X	X	X	X	X	Waukesha
	PM	X	6:00-8:00(G)	5:30-7:00(W)	4:15-6:00(W)	X	6:00-7:30(G)	Meet
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	5:30-7:00(W)	4:15-6:00(W)	X	6:00-7:30(G)	X
Age Group Platinum	AM	X	X	X	X	X	BAC SR Meet or	Waukesha
	PM	1:00-3:00(M)	6:00-7:45(M)	X	6:00-7:45(M)	X	6:45-8:15(W)	Meet
Age Group Gold	AM	X	X	X	X	X	X	Waukesha
	PM	1:00-3:00(M)	X	7:00-8:15(M)	X	5:30-7:00(W)	5:30-6:45(W)	Meet
Age Group Silver	AM	X	X	X	X	X	X	Waukesha
	PM	X	X	7:00-8:15(W)	X	7:00-8:15(W)	7:00-8:00(G)	Meet
Gold 8's	PM	X	X	6:15-7:00(W)	X	6:15-7:00(W)	6:00-7:00(G)	Waukesha
Silver 8's	PM	X	X	5:30-6:15(W)	X	5:30-6:15(W)	6:00-7:00(G)	Meet
Week 8		Sunday 17-Oct	Monday 18-Oct	Tuesday 19-Oct	Wednesday 20-Oct	Thursday 21-Oct	Friday 22-Oct	Saturday 23-Oct
Senior Platinum	AM	9:00-11:30(W)	X	X	X	X	X	8-10:30(G)
	D	X	5:00-5:50(M)	X	X	5:00-5:50(M)	X	X
	PM	X	6:00-7:30(M)	X	6:00-8:00(G)	6:00-7:30(M)	6:00-7:30(G)	X
Junior Platinum	AM	X	X	X	X	X	X	8-10:30(G)
	D	X	6:00-6:50(M)	X	X	6:00-6:50(M)	X	X
	PM	X	7:00-8:30(M)	X	6:00-8:00(G)	7:00-8:30(M)	6:00-7:30(G)	X
Senior Gold	AM	X	X	X	X	X	X	8-10:30(G)
	D	X	6:00-6:50(M)	X	X	6:00-6:50(M)	X	X
	PM	X	7:00-8:30(M)	X	6:00-8:00(G)	7:00-8:30(M)	6:00-7:30(G)	X
Junior Gold	AM	X	X	X	X	X	X	11:15-1:15(M)
	PM	X	X	6:45-8:30(M)	4:30-6:00(G)	5:30-7:00(W)	X	X
Senior Training	AM	X	X	X	X	X	X	11:15-1:15(M)
	PM	X	X	6:45-8:30(M)	X	5:30-7:00(W)	X	X
Age Group Platinum	AM	X	X	X	X	X	X	7:30-9:30(M)
	PM	1:00-2:45(M)	6:00-7:45(G)	X	4:30-6:00(G)	7:00-8:30(W)	X	X
Age Group Gold	AM	X	X	X	X	X	X	9:30-11:15(M)
	PM	X	6:00-7:45(G)	5:30-7:00(W)	6:00-7:30(M)	X	X	X
Age Group Silver	AM	X	X	X	X	X	X	X
	PM	2:45-4:00(M)	X	7:00-8:15(W)	X	X	6:30-7:45(W)	1:15-2:45(M)
Gold 8's	PM	X	X	6:15-7:00(W)	X	6:15-7:00(W)	5:30-6:30(W)	12:15-1:15(M)
Silver 8's	PM	X	X	5:30-6:15(W)	X	5:30-6:15(W)	X	11:15-12:15(M)

Short Course 2010-2011 Practice Schedule

Rev: 01

SWAT Hotline - 414-299-9428-Call daily for info,practice changes due to pool/weather cancellation

W = Practice at Whitnall

M = Practice at Muskego

G = Practice at Greenfield

Key:

X= No Practice

AM = Morning Practice

D = Dryland

PM = Afternoon/Evening Practice

Week 9		Sunday 24-Oct	Monday 25-Oct	Tuesday 26-Oct	Wednesday 27-Oct	Thursday 28-Oct	Friday 29-Oct	Saturday 30-Oct
Senior Platinum	AM	9:00-11:00(W)	X	X	X	11:00-12:30(M)	11:00-12:30(M)	8:00-9:30(G)
	D	X	4:30-5:20(M)	X	4:30-5:20(M)	X	X	X
	PM	X	5:30-7:00(M)	X	5:30-7:00(M)	X	X	X
Junior Platinum	AM	9:00-11:00(W)	X	X	X	11:00-12:30(M)	11:00-12:30(M)	8:00-9:30(G)
	D	X	5:30-6:20(M)	X	5:30-6:20(M)	X	X	X
	PM	X	6:30-8:00(M)	X	6:30-8:00(M)	X	X	X
Senior Gold	AM	9:00-11:00(W)	X	X	X	11:00-12:30(M)	11:00-12:30(M)	8:00-9:30(G)
	D	X	5:30-6:20(M)	X	5:30-6:20(M)	X	X	X
	PM	X	6:30-8:00(M)	X	6:30-8:00(M)	X	X	X
Junior Gold	AM	X	X	X	X	X	X	WAM @
	PM	X	X	5:30-7:00(W)	6:00-7:45(G)	5:30-7:15(W)	6:00-7:30(W)	Waukesha
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	5:30-7:00(W)	X	5:30-7:15(W)	6:00-7:30(W)	X
Age Group Platinum	AM	X	X	X	X	X	X	WAM @
	PM	1:00-2:45(M)	6:00-7:45(G)	X	6:00-7:45(G)	4:45-6:30(M)	4:30-6:00(W)	Waukesha
Age Group Gold	AM	X	X	X	X	X	X	WAM @
	PM	X	6:00-7:45(G)	6:00-7:30(M)	X	6:30-8:00(M)	6:00-7:30(W)	Waukesha
Age Group Silver	AM	X	X	X	X	X	X	WAM @
	PM	2:45-4:00(M)	X	7:00-8:15(W)	X	X	6:15-7:30(M)	Waukesha
Gold 8's	PM	X	X	6:15-7:00(W)	X	6:15-7:00(W)	5:30-6:15(M)	WAM @
Silver 8's	PM	X	X	5:30-6:15(W)	X	5:30-6:15(W)	4:45-5:30(M)	Waukesha
Week 10		Sunday 31-Oct	Monday 1-Nov	Tuesday 2-Nov	Wednesday 3-Nov	Thursday 4-Nov	Friday 5-Nov	Saturday 6-Nov
Senior Platinum	AM	X	X	X	X	X	X	X
	D	X	X	X	X	X	Indy	Indy
	PM	X	5:30-7:00(G)	5:00-6:30(M)	5:30-7:00(G)	5:00-6:30(M)	Meet	Meet
Junior Platinum	AM	X	X	X	X	X	X	X
	D	X	X	X	X	X	Indy	Indy
	PM	X	5:30-7:00(G)	5:00-6:30(M)	5:30-7:00(G)	5:00-6:30(M)	Meet	Meet
Senior Gold	AM	X	X	X	X	X	X	X
	D	X	X	X	X	X	Indy	Indy
	PM	X	5:30-7:00(G)	5:00-6:30(M)	5:30-7:00(G)	5:00-6:30(M)	Meet	Meet
Junior Gold	AM	X	X	X	X	X	X	9:00-10:30(M)
	PM	X	X	5:30-7:00(W)	X	5:30-7:00(W)	5:30-7:00(W)	X
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	5:30-7:00(W)	X	5:30-7:00(W)	5:30-7:00(W)	X
Age Group Platinum	AM	X	X	X	X	X	Indy Meet or	10:15-12:00(M)
	PM		5:30-7:15(M)	X	5:30-7:15(M)	6:30-8:15(M)	5:30-7:00(G)	or Indy Meet
Age Group Gold	AM	X	X	X	X	X	X	X
	PM	X	X	6:30-8:00(M)	X	7:00-8:15(W)	5:30-7:00(G)	12:00-1:30(M)
Age Group Silver	AM	X	X	X	X	X	X	8:00-9:15(M)
	PM	1:00-2:30(M)	X	7:00-8:15(W)	X	X	7:00-8:15(W)	X
Gold 8's	PM	X	X	6:15-7:00(W)	X	6:15-7:00(W)	6:15-7:00(W)	9:15-10:15(M)
Silver 8's	PM	X	X	5:30-6:15(W)	X	5:30-6:15(W)	5:30-6:15(W)	X

Short Course 2010-2011 Practice Schedule

Rev: 01

SWAT Hotline - 414-299-9428-Call daily for info,practice changes due to pool/weather cancellation

W = Practice at Whitnall
M = Practice at Muskego
G = Practice at Greenfield

Key:
X= No Practice
D = Dryland

AM = Morning Practice
PM = Afternoon/Evening Practice

Week 11		Sunday 7-Nov	Monday 8-Nov	Tuesday 9-Nov	Wednesday 10-Nov	Thursday 11-Nov	Friday 12-Nov	Saturday 13-Nov
Senior Platinum	AM	X	X	X	X	X	X	8-10:30(G)
	D	Indy	X	X	X	X	X	X
	PM	Meet	X	4:30-6:30(W)	4:30-6:00(W)	4:30-6:30(W)	5:30-7:00(G)	X
Junior Platinum	AM	X	X	X	X	X	X	8-10:30(G)
	D	Indy	X	X	X	X	X	X
	PM	Meet	X	4:30-6:30(M)	5:30-7:30(G)	4:30-6:30(M)	5:30-7:00(G)	X
Senior Gold	AM	X	X	X	X	X	X	8-10:30(G)
	D	Indy	X	X	X	X	X	X
	PM	Meet	X	4:30-6:30(M)	5:30-7:30(G)	4:30-6:30(M)	5:30-7:00(G)	X
Junior Gold	AM	X	X	X	X	X	X	11:00-1:00(M)
	PM	X	6:00-7:30(G)	X	5:30-7:30(G)	5:00-6:45(W)	X	X
Senior Training	AM	X	X	X	X	X	X	11:00-1:00(M)
	PM	X	6:00-7:30(G)	X	X	5:00-6:45(W)	X	X
Age Group Platinum	AM	Indy Meet or	X	X	X	X	X	7:30-9:30(M)
	PM	X	6:00-7:30(G)	6:30-8:15(M)	4:45-6:30(M)	X	5:00-6:30(M)	X
Age Group Gold	AM	X	X	X	X	X	X	X
	PM	1:00-3:00(M)	5:00-6:45(M)	X	6:30-8(M)	6:30-8(M)	X	X
Age Group Silver	AM	X	X	X	X	X	X	9:30-11:00(M)
	PM	X	6:45-8:00(M)	6:45-8:00(W)	X	6:45-8:00(W)	X	X
Gold 8's	PM	X	X	5:45-6:45(W)	4:45-5:45(W)	5:45-6:45(W)	X	12:00-1:00(M)
Silver 8's	PM	X	X	5:00-5:45(W)	X	5:00-5:45(W)	X	11:00-12:00(M)
Week 12		Sunday 14-Nov	Monday 15-Nov	Tuesday 16-Nov	Wednesday 17-Nov	Thursday 18-Nov	Friday 19-Nov	Saturday 20-Nov
Junior National	AM	X	X	X	X	X	BST Meet	BST Meet
	D	X	X	X	X	X	or	or
	PM	X	5:00-7:00(G)	5:30-7:30(M)	5:00-7:00(G)	5:30-7:30(M)	X	X
Senior Platinum	AM	X	X	X	X	X	BST Meet	BST Meet
	D	X	X	X	X	X	or	or
	PM	X	6:45-8:00(G)	7:15-8:30(M)	5:00-6:15(G)	7:15-8:30(M)	X	X
Junior Platinum	AM	9:30-11:30(W)	X	X	X	X	BST Meet	BST Meet
	D	X	X	X	X	X	or	or
	PM	X	5:00-7:00(G)	5:30-7:15(M)	X	5:30-7:15(M)	X	X
Senior Gold	AM	X	X	X	X	X	BST Meet	BST Meet
	D	X	X	X	X	X	or	or
	PM	X	6:45-8:00(G)	7:15-8:30(M)	5:00-6:15(G)	7:15-8:30(M)	X	X
Junior Gold	AM	9:30-11:30(W)	X	X	X	X	BST Meet	BST Meet
	PM	X	5:30-7:15(M)	X	5:30-7:15(M)	7:15-8:30(M)	or X	or X
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Age Group Platinum	AM	X	X	X	X	X	BST Meet	BST Meet
	PM	1:00-2:30(M)	X	6:45-8:15(W)	6:30-8:00(G)	6:45-8:15(W)	or X	or X
Age Group Gold	AM	X	X	X	X	X	BST Meet	BST Meet
	PM	2:30-4:00(M)	X	5:30-6:45(W)	5:00-6:30(G)	5:30-6:45(W)	or X	or X
Age Group Silver	AM	X	X	X	X	X	X	BST Meet
	PM	X	7:00-8:00(M)	X	7:00-8:00(M)	X	7:15-8:15(W)	or X
Gold 8's	PM	X	6:15-7:00(M)	X	6:15-7:00(M)	X	6:15-7:15(W)	BST Meet
Silver 8's	PM	X	5:30-6:15(M)	X	5:30-6:15(M)	X	5:30-6:15(W)	or X

Short Course 2010-2011 Practice Schedule

Rev: 01

SWAT Hotline - 414-299-9428-Call daily for info,practice changes due to pool/weather cancellation

W = Practice at Whitnall

M = Practice at Muskego

G = Practice at Greenfield

Key:

X= No Practice

AM = Morning Practice

D = Dryland

PM = Afternoon/Evening Practice

Week 13		Sunday 21-Nov	Monday 22-Nov	Tuesday 23-Nov	Wednesday 24-Nov	Thursday 25-Nov	Friday 26-Nov	Saturday 27-Nov
Junior National	AM	BST Meet	X	X	X	X	8:00-10:00(M)	8:00-10:00(G)
	D	or	X	X	X	X	X	X
	PM	X	5:00-7:00(G)	5:30-7:30(W)	X	X	X	X
Senior Platinum	AM	BST Meet	X	X	X	X	8:00-10:00(M)	8:00-10:00(G)
	D	or	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Junior Platinum	AM	BST Meet	X	X	X	X	X	8:00-10:00(M)
	D	or	X	X	X	X	X	X
	PM	X	X	5:30-7:30(W)	X	X	12:00-2:00(M)	X
Senior Gold	AM	BST Meet	X	X	X	X	X	8:00-10:00(M)
	D	or	X	X	X	X	X	X
	PM	X	X	5:30-7:30(W)	X	X	12:00-2:00(M)	X
Junior Gold	AM	BST Meet	X	X	X	X	X	X
	PM	or X	5:30-7:15(M)	X	X	X	4:00-5:45(M)	X
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Age Group Platinum	AM	BST Meet	X	SWAT FAMILY	X	X	X	X
	PM	or X	6:30-8:00(G)	FUN NIGHT	X	X	2:00-4:00(M)	12:00-1:45(M)
Age Group Gold	AM	BST Meet	X	SWAT FAMILY	X	X	X	X
	PM	or X	5:00-6:30(G)	FUN NIGHT	X	X	4:00-5:45(M)	X
Age Group Silver	AM	BST Meet	X	SWAT FAMILY	X	X	X	X
	PM	or X	7:00-8:00(M)	FUN NIGHT	X	X	6:45-8:00(M)	1:45-3:00(M)
Gold 8's	PM	BST Meet	6:15-7:00(M)	SWAT FAMILY	X	X	5:45-6:45(M)	3:00-4:00(M)
Silver 8's	PM	or X	5:30-6:15(M)	FUN NIGHT	X	X	5:45-6:45(M)	3:00-4:00(M)
Week 14		Sunday 28-Nov	Monday 29-Nov	Tuesday 30-Nov	Wednesday 1-Dec	Thursday 2-Dec	Friday 3-Dec	Saturday 4-Dec
Junior National	AM	X	X	X	X	X	X	SWAT Meet
	D	X	X	X	X	X	X	Meet
	PM	X	5:30-7:00(G)	5:00-6:30(M)	5:00-6:30(G)	3:00-4:30(M)	TBA	X
Senior Platinum	AM	X	X	X	X	X	X	SWAT Meet
	D	X	X	5:00-5:50(M)	X	6:10-7:00(M)	X	Meet
	PM	X	5:30-7:30(G)	6:00-7:30(M)	6:30-8:30(G)	4:30-6:00(M)	X	X
Junior Platinum	AM	X	X	X	X	X	X	SWAT Meet
	D	X	X	6:00-6:50(M)	X	5:10-6:00(M)	X	Meet
	PM	X	5:30-7:30(G)	7:00-8:30(M)	6:30-8:30(G)	6:10-7:40(M)	X	X
Senior Gold	AM	X	X	X	X	X	X	SWAT Meet
	D	X	X	6:00-6:50(M)	X	5:10-6:00(M)	X	Meet
	PM	X	5:30-7:30(G)	7:00-8:30(M)	6:30-8:30(G)	6:10-7:40(M)	X	X
Junior Gold	AM	X	X	X	X	X	X	SWAT Meet
	PM	1:00-3:00(M)	X	7:00-8:30(W)	5:00-6:30(G)	X	5:30-7:00(G)	Meet
Senior Training	AM	X	X	X	X	X	X	X
	PM	X	X	X	X	X	X	X
Age Group Platinum	AM	X	X	X	X	X	X	SWAT Meet
	PM	X	5:30-7:15(M)	X	5:30-7:15(M)	5:30-7:15(W)	5:30-7:00(G)	Meet
Age Group Gold	AM	X	X	X	X	X	X	SWAT Meet
	PM	1:00-3:00(M)	X	5:30-7:15(W)	5:00-6:30(G)	X	5:30-7:00(G)	Meet
Age Group Silver	AM	X	X	X	X	X	CONCLUDES FALL SESSION AS,G8,S8	SWAT Meet
	PM	X	X	7:15-8:15(W)	X	7:15-8:15(W)	6:30-7:30(M)	Meet
Gold 8's	PM	X	X	6:15-7:15(W)	X	6:15-7:15(W)	5:30-6:30(M)	SWAT Meet
Silver 8's	PM	X	X	5:30-6:15(W)	X	5:30-6:15(W)	5:30-6:30(M)	Meet

Short Course 2010-2011 Practice Schedule

Rev: 01

SWAT Hotline - 414-299-9428-Call daily for info,practice changes due to pool/weather cancellation

Key:

X= No Practice

D = Dryland

AM = Morning Practice

PM = Afternoon/Evening Practice

W = Practice at Whitnall

M = Practice at Muskego

G = Practice at Greenfield
