

August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	5:45 MARK		5:45 TOM		5:45 RUSSELL	
	8:00 RO	8:45 RO	8:00 RO	8:45 RO	8:00 RO	9:00 COLLETTE
	12:00 RUSSELL	12:00 RUSSELL	12:00 RUSSELL	12:00 ETHAN	12:00 ETHAN	
	6:00 ETHAN		6:00 COLLETTE		6:00 COLLETTE	
	sprint	aerobic	swim buffet	stroke/im	distance	sprint
7	8	9	10	11	12	13
	5:45 MARK		5:45 RUSSELL		5:45 RUSSELL	
9:00-10:30	8:00 RO	8:45 RUSSELL	8:00 RO	8:45 MIKE	8:00 RUSSELL	9:00 COLLETTE
RUSSELL	12:00 RUSSELL	12:00 RO	12:00 RUSSELL	12:00 RO	12:00 RUSSELL	
	6:00 CARL		6:00 COLLETTE		6:00 COLLETTE	
coach's choice	aerobic	swim buffet	distance	stroke/im	sprint	aerobic
14	15	16	17	18	19	20
	5:45 MARK		5:45 RUSSELL		5:45 ETHAN	
9:00-10:30	8:00 RO	8:45 RUSSELL	8:00 RO	8:45 MIKE	8:00 RO	9:00 ETHAN
RUSSELL	12:00 RUSSELL	12:00 RO	12:00 RUSSELL	12:00 RO	12:00 ETHAN	
	6:00 COLLETTE		6:00 COLLETTE		6:00 COLLETTE	
coach's choice	swim buffet	distance	stroke/im	sprint	aerobic	stroke/im
21	22	23	24	25	26	27
	5:45 MARK		5:45 TOM		5:45 TOM	
9:00-10:30	8:00 RO	8:45 RO	8:00 RO	8:45 MIKE	8:00 ETHAN	9:00 ETHAN
MARK	12:00 ETHAN	12:00 RO	12:00 ETHAN	12:00 LINDA	12:00 ETHAN	
	6:00 CARL		6:00 ETHAN		6:00 ETHAN	
coach's choice	distance	swim buffet	sprint	aerobic	stroke/im	distance
28	29	30	31			
	5:45 MARK		5:45 TOM			
9:00-10:30	8:00 RO	8:45 RUSSELL	8:00 RO			
ETHAN	12:00 RUSSELL	12:00 BETH	12:00 RUSSELL			
	6:00 CARL		6:00 COLLETTE			
coach's choice	swim buffet	sprint	aerobic			