

SWIM DOGS August 2010 www.SwimDogs.Net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LOWRY: 6-7:00PM Focus: Condition	3 LOWRY: 6-7:00PM Focus: Choice	4 NO PRACTICE	5 LOWRY: 6-7:00PM Focus: Strategy	6 NO PRACTICE	7 Season Finale' At Lowry Pool
8	9 NO PRACTICE	10 NO PRACTICE	11 NO PRACTICE	12 NO PRACTICE	13 NO PRACTICE	14
15	16 GW Early: 6-7:00 Late: 7-8:00p Focus: Condition	17 GW Early: 6-7:00 Late: 7-8:00p Focus: Free	18 GW Early: 6-7:00 Late: 7-8:00p Focus: Back	19 GW Early: 6-7:00 Late: 7-8:00p Focus: Breast	20 GW Early: 6-7:00 Late: 7-8:00p Focus: Fly	21
22	23 GW Mini-Camp: 5-5:45 Early: 6-7:00 Late: 7-8:00p	24 GW Mini-Camp: 5-5:45 Early: 6-7:00 Late: 7-8:00p	25 GW Mini-Camp: 5-5:45 Early: 6-7:00 Late: 7-8:00p	26 GW Early: 6-7:00 Late: 7-8:00p Focus: Condition	27 GW Early: 6-7:00 Late: 7-8:00p Focus: Condition	28
29	30 GW Mini-Camp: 5-5:45 Early: 6-7:00 Late: 7-8:00p	31 GW Mini-Camp: 5-5:45 Early: 6-7:00 Late: 7-8:00p	9/1 GW Mini-Camp: 5-5:45 Early: 6-7:00 Late: 7-8:00p	9/2 GW Early: 6-7:00 Late: 7-8:00p Focus: Condition	9/3 GW Early: 6-7:00 Late: 7-8:00p Focus: Condition	9/4

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