

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	3 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree 8-9:30p Kim - High School	4 5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Kim & Bree	5 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree 8-9:30p Jim - High School	6 5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	7 8:15-9:15a Rusty & Bree - Non-Competitive 9:15-10a Rusty & Bree - Endurance
8	9 5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Jim & Bree	10 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim 8-9:30p Kim - High School	11 5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Kim & Bree	12 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim 8-9:30p Jim - High School	13 5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	14 8:15-9:15a Rusty & Bree - Non-Competitive 9:15-10a Rusty & Bree - Endurance
15	16 5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	17 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree 8-9:30p Kim - High School	18 5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Kim & Bree	19 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree 8-9:30p Jim - High School	20 5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	21 8:15-9:15a Rusty & Bree - Non-Competitive 12-4p CPAL Dual Meet at Lancaster Family YMCA (Meet Begins at 1:00) - Jim, Kim, and Bree
22	23 5:30-6:30a Kim 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	24 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	25 5:30-6:30a Kim 3:15-4:25p Jim & Bree 4:25-5:30p Kim & Bree	26 5:30-5:30p Thanks... Vacation - No Practice	27 5:30-5:30p Thanks... Vacation - No Practice	28 5:30-5:30p Thanks... Vacation - No Practice
29	30 5:30-5:30p Thanks... Vacation - No Practice	1	2	3	4	5
6	7	8	9	10	11	12

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
29	30	3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Kim & Bree	3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	8:15-9:15a Rusty & Kim - Non-Competitive 9:15-10a Rusty & Kim - Endurance						
6	5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	7	3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	8	5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Kim & Bree	9	3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	10	5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	11	8:15-9:15a Rusty & Bree - Non-Competitive 9:15-10a Rusty & Bree - Endurance	12
13	5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	14	3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	15	5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Kim & Bree	16	3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	17	5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	18	7:30-11:30a CPAL Dual Meet at Lebanon Valley (Meet Begins at 8:30) - Jim and Kim, Bree after Non-Competitive 8:15-9:15a Rusty & Bree - Non-Competitive	19
20	5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	21	3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	22	5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Kim & Bree	23	5:30-5:30p Christmas Vacation - No Practice	24	5:30-5:30p Christmas Vacation - No Practice	25	5:30-5:30p Christmas Vacation - No Practice	26
27	8-10a Christmas Vacation Practice - Coaches TBD	28	8-10a Christmas Vacation Practice - Coaches TBD	29	8-10a Christmas Vacation Practice - Coaches TBD	30	5:30-5:30p New Year's Vacation - No Practice	31		1		2
3		4		5		6		7		8		9

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					5:30-5:30p New Year's Vacation - No Practice	5:30-5:30p New Year's Vacation - No Practice
3	4	5	6	7	8	9
	5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Kim & Bree	3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	8-12p CPAL Dual Meet at Cumberland Valley (Meet Begins at 9:00) - Jim and Kim, Bree after NC 8:15-9:15a Rusty & Bree - Non-Competitive
10	11	12	13	14	15	16
7-3p Snowflake Splash 14 & Under Invitational at CV High School - Kim or Jim (Exact Times To Be Provided Later)	5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Kim & Bree	3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	8-12p CPAL Dual Meet at Aquatic Club of West Shore (Meet Begins at 9:00) - Jim and Kim, Bree after NC 8:15-9:15a Rusty & Bree - Non-Competitive
17	18	19	20	21	22	23
	5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Kim & Bree	3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	8:15-9:15a Rusty & Bree - Non-Competitive 10-2p CPAL Dual Meet at WSY (Messiah College, Meet Begins at 11:00) - Jim, Kim and Bree
24	25	26	27	28	29	30
	5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Kim & Bree	3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	7-12p CPAL Dual Meet at Hershey (Meet Begins at 8:00) - Jim and Kim, Bree after Non-Competitive 8:15-9:15a Rusty & Bree - Non-Competitive
31	1	2	3	4	5	6

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	2 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	3 5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Kim & Bree	4 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	5 5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	6 8:15-9:15a Rusty & Bree - Non-Competitive
7	8 5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	9 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	10 5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Kim & Bree	11 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	12 5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	13 8:15-9:15a Rusty & Bree - Non-Competitive
14 7-1p WSY Valentine 9 & Under Invitational at CV High School - Kim or Jim (Exact Times To Be Provided Later)	15 5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	16 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	17 5:30-6:30a Rusty 3:15-4:25p Jim & Bree 4:25-5:30p Kim & Bree	18 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	19 5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	20 8:15-9:15a Rusty & Bree - Non-Competitive
21	22 5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Jim & Kim	23 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	24 5:30-6:30a Rusty 3:15-4:25p Rusty & Jim 4:25-5:30p Rusty, Kim & Bree	25 3:15-4:25p Jim & Bree 4:25-5:30p Jim, Kim & Bree	26 5:30-6:30a Rusty 4:30-5:30p Jim & Kim - Non-Competitive	27 7-5p CPAL Divisional Meet at Hershey - Kim, Jim & Bree (Exact Times To Be Provided Later) 8:15-9:15a Rusty & Bree - Non-Competitive
28 7-5p CPAL All-Star Meet at CV High School - Kim, Jim & Bree (Exact Times To Be Provided Later)	1	2	3	4	5	6
7	8	9	10	11	12	13