



## AUGUST 2010

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**Last Update:** Wednesday, September 1, 2010


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
16					First Day of Practice 8 - 11 am  Varsity only 2 - 3:30 pm	Practice 8 - 11 am  Varsity only 2 - 3:30 pm
22	23	24	25	26	27	28
	Practice 8 - 11 am	Practice 8 - 11 am  Varsity only 2 - 3:30 pm	Practice 8 - 11 am	Practice 8 - 11 am  Varsity only 2 - 3:30 pm	Practice 8 - 11 am	Practice 8 - 11 am
29	30	31				
	Practice 8 - 11 am	Practice 8 - 11 am Varsity only 2 - 3:30 pm Parent Meeting 5:30 pm				

## SEPTEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Frosh Orientation Practice 8 - 11 am  Freshmen 1 - 3 pm	<b>Scrimmage vs. Penfield</b> Warm: 12pm Start: 2pm	Practice 8 - 11 am	Practice 8 - 11 am
5	6	7	8	9	10	11
	Labor Day  No Practice	Practice 3 - 6 pm	<b>First Day of School</b>  Practice 3 - 6 pm	<b>vs. Batavia</b> Warm: 3pm Start: 4:30	Practice 3 - 6 pm	<b>Hilton Invite</b> dive bus: 7:30am dive st: 9:45am swim bus: 12:30 swim st: 2:30pm
12	13	14	15	16	17	18
	Practice 3 - 6 pm	<b>@ West Irondequoit</b> Bus: 3:15 Start: 4:30	Practice 3 - 6 pm	<b>vs. Webster</b> Warm: 3pm Start: 4:30 <b>Homecoming</b>	Practice 3 - 6 pm	Practice 8 - 10 am  Homecoming Parade Line-up at 11am
19	20	21	22	23	24	25
	Practice 3 - 6 pm	<b>vs. Rush-Henrietta</b> Warm: 3pm Start: 4:30	Practice 3 - 6 pm	Practice 3 - 6 pm	<b>@ Brighton</b> Bus: 3:15 Start: 4:30	Practice 8 - 11 am
25	27	28	29	30		
	Practice 3 - 6 pm	Practice 3 - 6 pm	Practice 3 - 6 pm	<b>@ Greece meet @ Olympia</b> Bus: 3:15 Start: 4:30 * Divisional		

OCTOBER 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Practice 3 - 6 pm	<b>Brockport Harvest Relays</b> <b>Bus: 8:30am</b> <b>Start: 10am</b>
3	4	5	6	7	8	9
	Practice 3 - 6 pm	<b>@ Brockport</b> <b>Bus: 3:15</b> <b>Start: 4:30</b>	Practice 3 - 6 pm	<b>vs. Gates-Chili</b> <b>Warm: 3pm</b> <b>Start: 4:30</b>	Practice 3 - 6 pm	Practice 8 - 11 am
10	11	12	13	14	15	16
	Columbus Day Practice 8 - 11 am	<b>@ Athena</b> <b>meet at Olympia</b> <b>Bus: 3:15</b> <b>Start: 4:30</b>	Practice 3 - 6 pm	<b>vs. Churchville</b> <b>Senior Meet</b> <b>Warm: 3pm</b> <b>Start: 4:30</b>	Practice 3 - 6 pm	<b>Spencerport Invite</b> <b>Warm: 12:30pm</b> <b>Start: 2pm</b>
17	18	19	20	21	22	23
		<b>@ Hilton</b> <b>Bus: 3:15</b> <b>Start 4:30</b>	Practice 3 - 6 pm	Practice 3 - 6 pm	<b>Practice</b> <b>3 - 6 pm</b> <b>MCCI Diving</b> <b>@ Gates</b>	<b>Practice</b> <b>8 - 11 am</b> <b>MCCI Swimming</b> <b>TBA</b>
24	25	26	27	28	29	30
	Sectional Practice 3 - 6 pm	Sectional Practice 3 - 6 pm	Sectional Practice 3 - 6 pm	Sectional Practice 3 - 6 pm	Sectional Practice 3 - 6 pm	<b>Sectional Practice</b> <b>8 - 11 am</b>  <b>Sectional Diving</b> <b>@ Gates</b>
31						

## NOVEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
1 	Sectional Practice 3 - 6 pm	Sectional Practice 3 - 6 pm	Sectional Practice 3 - 6 pm	<b>Sectional Prelims @ Webster Bus: 3pm Start: 5pm</b>	Sectional Practice 3 - 6 pm	<b>Sectional Finals @ Webster Bus: 2pm Start: 4pm</b>
7	8	9	10	11	12	13
	States Week	To Be Announced				
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				