

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Sign-Ups for CORE 6-8@ Poq	22 Sign-Ups for CORE 6-8@ Poq	23 Sign-ups for CORE 6-8@ Poq	24	25	26
27	28 No Practice-District Closed!	29 First Day of CORE HS Prep 4-6 PM Pre-Team 6-6:30 Red 6-7:30 Blue 6:30-7:30	30 USA Team Practice 6-8 PM			

2009

October

Tue

Wed

Thu

Fri

Sat

1

HS Prep 4-6 PM
Pre-Team 6-6:30
Red 6-7:30
Blue 6:30-7:30

2

-USA 5:30-7PM

3

4

5

HS Prep 4-6 PM
Red 6-7:30
Blue 6:30-7:30

6

HS Prep 4-6 PM
Pre-Team 6-6:30
Red 6-7:30
Blue 6:30-7:30

7

USA Team Practice
6-8 PM

8

HS Prep 4-6 PM
Pre-Team 6-6:30
Red 6-7:30
Blue 6:30-7:30

9

-USA 5:30-7PM

10

11

12

HS Prep 4-6 PM
Red 6-7:30
Blue 6:30-7:30

13

HS Prep 4-6 PM
Pre-Team 6-6:30
Red 6-7:30
Blue 6:30-7:30
**High School
Parents Meeting
@ 6 PM**

14

USA Team Practice
6-8 PM
**Team Suit Sizing
Night-All
Swimmers**

15

HS Prep 4-6 PM
Pre-Team 6-6:30
Red 6-7:30
Blue 6:30-7:30

16

-USA 5:30-7PM

17

18

19

Time Trials!
HS Prep 4-6 PM
Red and Blue 6-7:30

20

HS Prep 4-6 PM
Pre-Team 6-6:30
Red 6-7:30
Blue 6:30-7:30

21

USA Team Practice
6-8 PM

22

HS Prep 4-6 PM
Pre-Team 6-6:30
Red 6-7:30
Blue 6:30-7:30

23

-USA 5:30-7PM

24

25

26

**CORE Parents'
Meeting-
Mandatory 6 PM**
HS Prep 4-6 PM
Red 6-7:30
Blue 6:30-7:30

27

HS Prep 4-6 PM
Red 6-7:30
Blue 6:30-7:30
White Group 6-6:30PM
Time Trials?

28

USA Team Practice
6-8 PM

29

HS Prep 4-6 PM
Red 6-7:30
Blue 6:30-7:30
White Group 6-6:30 PM
**Picture Night
@ 6 PM**

30

-USA 5:30-7PM

31

2009

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Red and Blue Meet? White Group 5:30-6:30 HS Prep 4-6 PM Red 6-7:30 Blue 6:30-7:30	3 White Group 5:30-6:30 HS Prep 4-6 PM Red 6-7:30 Blue 6:30-7:30	4 USA Team Practice 6-8 PM	5 White Group 5:30-6:30 HS Prep 4-6 PM Red 6-7:30 Blue 6:30-7:30	6 -USA 5:30-7PM	7 vs Council Rock
8	9 White Group 5:30-6:30 HS Prep 4-6 PM Red 6-7:30 Blue 6:30-7:30	10 White Group 5:30-6:30 HS Prep 4-6 PM Red 6-7:30 Blue 6:30-7:30	11 No Practice-Veterans Day	12 White Group 5:30-6:30 HS Prep 4-6 PM Red 6-7:30 Blue 6:30-7:30	13 -USA 5:30-7PM	14 vs Centennial
15	16 White Group 5:30-6:30 HS Prep 4-6 PM Red 6-7:30 Blue 6:30-7:30	17 White Group 5:30-6:30 HS Prep 4-6 PM Red 6-7:30 Blue 6:30-7:30	18 USA Team Practice 6-8 PM	19 HS Prep 4-6 PM-Last Day Red 6-7:30 Blue 6:30-7:30 White Group 5:30-6:30	20 -USA 5:30-7PM	21 vs. Pennsbury
22	23 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	24 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	25 USA Team Practice 6-8 PM	26 Thanksgiving-No Practice	27 USA- TBA	28
29	30 Red 6-7:30 Blue 6:30-7:30					

2009

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	2 USA Team Practice 6-8 PM	3 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	4 -USA 5:30-7PM	5 vs. Lower Moreland
6	7 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	8 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	9 USA Team Practice 6-8 PM	10 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	11 -USA 5:30-7PM	12 vs. Wissahickon
13	14 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	15 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	16 USA Team Practice 6-8 PM	17 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	18 -USA 5:30-7PM	19
20	21 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	22 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	23 USA Team Practice 6-8 PM	24 No Practice- Christmas Eve	25 No Practice- Christmas Day	26
27	28 USA TBA	29 USA TBA	30 USA TBA	31 No Practice-New Years Eve		

2009

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 No Practice-New Year's Day	2
3	4 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	5 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	6 Council Rock South @ Home 3:30 PM Tentative Alumni Meet USA Team Practice 6-8 PM	7 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	8 CB South @ Home 3:30 PM -USA 5:30-7PM	9 Conference Dual Meet Champs
10	11 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	12 Lower Moreland @ Home 3:30 PM -CORE Appreciation Night Red 6-7:30 Blue 6:30-7:30	13 USA Team Practice 6-8 PM	14 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	15 -USA 5:30-7PM	16 League Dual Meet Champs
17	18 No Practice	19 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	20 USA Team Practice 6-8 PM	21 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	22 -USA 5:30-7PM	23
24	25 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	26 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	27 USA Team Practice 6-8 PM	28 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	29 -USA 5:30-7PM	30 SAL Division Champs

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	2 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	3 USA Team Practice 6-8 PM	4 Red 6-7:30 White Group 5:30-6:30 Blue 6:30-7:30	5 Abington Home 3:30 PM Start Senior Night -USA 6-7PM	6
7 SAL League Champs	8 USA Team Practice 6-7:30 PM	9 USA Team Practice 6-7:30 PM	10 USA Team Practice 6-8 PM	11 USA Team Practice 6-7:30 PM	12 -USA 5:30-7PM	13
14	15 No Practice	16 USA Team Practice 6-7:30 PM	17 USA Team Practice 6-8 PM	18 USA Team Practice 6-7:30 PM	19 No Practice	20
21	22 USA Team Practice 6-7:30 PM	23 USA Team Practice 6-7:30 PM	24 USA Team Practice 6-8 PM	25 USA Team Practice 6-7:30 PM	26 -USA 5:30-7PM	27
28						

2010

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 TBA	2 TBA	3 TBA	4 TBA	5 No Practice	6
7	8 TBA	9 TBA	10 TBA	11 TBA	12 TBA	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2010