

Dec/JANUARY – FAST Practice

Sun	Mon	Tue	Wed	Thu	Fri	Sat						
12/25	12/26	12/27	12/28	12/29*	12/30	12/31						
		Silver	12 – 2 pm	Cop 1	11:45 – 12:45	Silver	12 – 2:15 pm	Cop 1	11:45 – 12:45			
	No	Gold	12 – 2 pm	Cop 2	12:30 – 1:30	Gold	12 – 2:15 pm	Cop 2	12:30 – 1:30		No	
	practice			Brz	1:15 – 2:45	Brz	12 – 2:15 pm	Brz	1:15 – 2:45		practice	
				Gold	1:15 – 2:45		*GOAL	Gold	1:15 – 2:45			
							SETTING					
						PRACTICE						
1/1	1/2	1/3	1/4	1/5	1/6	1/7						
		Silver	12 – 2 pm	Cop 1	5:45 – 6:45 pm	Silver	4:30-6:30 pm	Brz	5:45-7:30 pm	Cop 1	FAST	
	No	Gold	12 – 2 pm	Cop 2	6:30 – 7:30 pm	Gold	4:30-6:30 pm	Silver	5:45-7:30 pm	Cop 2	Distance	
	practice			Brz	7:15 – 8:45 pm	Cop 1	6:30 – 7:30*	Gold	5:45-7:30 pm	Brz	Swim	
				Gold	7:15 – 9 pm	Cop 2	6:30 – 7:30*			Silver	12 – 3	
							*Goal Setting			Gold	Details to come	
						Practice for Cop1 & 2						
1/8	1/9	1/10	1/11	1/12	1/13	1/14						
	Cop 1	5:45-6:45 pm	Silver	5:45 – 7:30pm	Cop 1	5:45 – 6:45 pm		No	Brz	5:45-7:30 pm	Cop 1	11:45-12:45
	Cop 2	6:30 – 7:30 pm	Gold	5:45 – 7:30pm	Cop 2	6:30 – 7:30 pm		Practice	Silver	5:45-7:30 pm	Cop 2	12:30-1:30
	Brz	7:15 – 8:45 pm			Brz	7:15 – 8:45 pm		High	Gold	5:45-7:30 pm	Brz	1:15-2:45
	Gold	7:15 – 9 pm			Silver	7:15 – 8:45 pm		School			Silver	1:15-2:45
					Gold	7:15 – 9 pm		Meet			Gold	1:15-2:45

JANUARY/FEBRUARY - FAST PRACTICE SCHEDULE

<i>Sun</i>	<i>Mon</i>		<i>Tue</i>		<i>Wed</i>		<i>Thu</i>		<i>Fri</i>		<i>Sat</i>	
1/15	1/16		1/17		1/18		1/19		1/20		1/21	
	Cop 1	11:45-12:45	Silver	4:30 -6:30 pm	Cop 1	5:45-6:45 pm	Silver	4:30 -6:00 pm		No		14 &
	Cop 2	12:30-1:30	Gold	4:30 -6:30 pm	Cop 2	6:30 – 7:30 pm	Gold	4:30 -6:00 pm		Practice		Under
	Brz	1:15-2:45	All Groups	6:30 – 7:30*	Brz	7:15 – 8:45 pm	All Groups	6:00 – 7:00*		Travel		Travel
	Gold	1:15-2:45		*start & turn	Gold	7:15 – 9 pm		*Puppy Mania		Meet		Meet
				clinic				Practice				
												Fremont, OH
1/22	1/23		1/24		1/25		1/26		1/27		1/28	
14 & under travel meet Fremont, OH	Cop 1	5:45-6:45 pm		No	Cop 1	5:45-6:45 pm	Silver	4:30 -6:30 pm		No		FAST
	Cop 2	6:30 – 7:30 pm		Practice	Cop 2	6:30 – 7:30 pm	Gold	4:30 -6:30 pm		Practice		B
	Brz	7:15 – 8:45 pm		High	Brz	7:15 – 8:45 pm	All Groups	6:30 – 7:30*		Set up for		Meet
	Silver	7:15 – 8:45 pm		School	Gold	7:15 – 9 pm		*start & turn		Home Meet		
	Gold	7:15 – 9 pm		Meet				clinic				
1/29	1/30		1/31		2/1		2/2		2/3		2/4	
FAST B Meet	Cop 1	5:45-6:45 pm	Silver	5:45 – 7:30 pm	Cop 1	5:45-6:45 pm		No	Brz	5:45-7:30 pm	Cop 1	11:45-12:45
	Cop 2	6:30 – 7:30 pm	Gold	5:45 – 7:30 pm	Cop 2	6:30 – 7:30 pm		Practice	Silver	5:45-7:30 pm	Cop 2	12:30-1:30
	Brz	7:15 – 8:45 pm			Brz	7:15 – 8:45 pm		High	Gold	5:45-7:30 pm	Brz	1:15-2:45
	Silver	7:15 – 8:45 pm			Gold	7:15 – 9 pm		School	Brz	5:45-7:30 pm	Silver	1:15-2:45
	Gold	7:15 – 9 pm						Meet			Gold	1:15-2:45
												Mini/Distance/BB-BPR