



# Valparaiso Men's Swimming Christmas Break Training Schedule December 2017~January 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11 AM: 6:00a-7:00a PM: 3:00p-5:00p	12 AM: No Practice PM: Meet vs. CHS *Away Meet (V Only) *Be at school by 3:30p	13 AM: No Practice PM: 3:00p – 5:00p	14 AM: No Practice (2 hour delay) PM: 3:00p-5:00p-V PM: Meet vs. CHS *Away Meet (JV Only) *Be at school by 3:30p	15 AM: 6:00a-7:00a PM: 4:00p-7:00p	16  7:00a -11:00a
17	18 Finals Week AM: No Practice PM: 4:00p – 6:30p	19 Finals Week AM: No Practice PM: 4:00p – 6:30p (*Var. lift 3:15p-4:15p)	20 Finals Week AM: No Practice PM: 4:00p – 6:30p	21 Finals Week *½ Day of School* AM: No Practice PM:11:30p – 1:30p (*Var. lift 1:30p-2:30p)	22 Christmas Break Starts  7:00a to 9:00a	23 <b>*LOCK-IN*</b>  Lock-In Starts @7:00AM Lock-In Ends @7:00PM
24 Christmas Eve	25 Christmas Day <b>Merry Christmas</b>  <b>NO PRACTICE</b>	26  7:00a – 9:00a (*Var. lift 9:00a-10:00a) (*JV Done at 9:00)	27 Munster Tri-Meet *Away Meet (V & JV) *Be at school by 7:30a *Meet Starts @ 10:00a *Return by 2:00p+/-	28  7:00a – 9:00a (*Var. lift 9:00a-10:00a) (*JV Done at 9:00)	29 Highland Invite *Be at school by 9:15a *Bus Leaves by 9:45a *Meet Starts @ 1:00p *Return by 6:00p+/-	30  7:00a – 9:00a (*Var. lift 9:00a-10:00a) (*JV Done at 9:00)
31 New Year's eve	1 New Year's Day <b>Happy New Year</b>  <b>NO PRACTICE</b>	2 (*Var. lift 6:30a-7:30a) Meet vs. M-ville *Away Meet (V & JV) *Be at school by 7:30a *Meet Starts @ 10:00a *Return by 2:00p+/-	3  8:00a -11:00a (V&JV Yoga 8a-9a)	4  8:00a -11:00a Varsity~Lift 8a-9a JV~Dryland 8a-9a	5  8:00a -11:00a (V&JV Dryland 8-9)	6  8:00a -11:00a Varsity~Lift 8-9 JV~Dryland 8-9

\*\*Times are subject to change, please keep an eye Remind for any changes\*\*

\*\*Please check the Lock-In Schedule for further information regarding the Lock-In\*\*

\*\*Munster Meet will be run as a Long Course Meters Meet\*\*

\*\*All On-line planned absence forms MUST BE COMPLETED NO LATER THEN WEDNESDAY 12-20-17 BY 3:00PM\*\*