

**COUGAR SWIMMING and DIVING 2009
SEPTEMBER**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
	Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30 Div PM 3:00 - 4:30	Var AM 5:45 - 7:15 @ DUB SR 6:00 PM HEMPSTEAD POOL Bus leaves at 3:15	NO AM Practice Tec Time Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	All Team Practice AM 8:00 - 11:00 Diving 6:30 - 8:00 AM
6	7	8	9	10	11	12
Sleep Well Eat Well Be Well	Labor Day All Team Practice PM 4:30 - 6:30 DIV 8:00 - 9:30 AM	Var AM 5:45 - 7:15 PM 3:00 - 4:00 LINN-MAR 6:00 PM ON DECK 4:45 Warmup begins at 5:00	NO AM Practice Tec Time Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	All Team Practice AM 8:00 - 11:00 Diving 6:30 - 8:00 AM
13	14	15	16	17	18	19
Sleep Well Eat Well Be Well	Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30 Div PM 3:00 - 4:30	Var AM 5:45 - 7:15 PM 3:00 - 4:00 @ IC WEST 6:00 PM MERCER POOL Bus leaves 3:45	NO AM Practice Tec Time Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00 HOMECOMING PARADE	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	IC HIGH INVITE Diving 10:00 AM @ Coralville Rec Swimming 10:00 AM @ Mercer Aquatic J-HAWK RELAYS 10:00 AM FR/Soph JV Only
20	21	22	23	24	25	26
SWEWBW	Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30 Div PM 3:00 - 4:30	Var AM 5:45 - 7:15 PM 3:00 - 4:00 CR WASH 6:00 PM ON DECK 4:45 Warmup begins at 5:00	NO AM Practice Tec Time Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	COUGAR INV Diving 9:00 AM Swimming 12:00 PM
27	28	29	30	31		
SWEWBW	Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30 Div PM 3:00 - 4:30	Var AM 5:45 - 7:15 PM 3:00 - 4:00 @ CR JEFF 6:00 PM ON DECK 4:45 Warmup begins at 5:00	NO AM Practice Tec Time Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30		

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Assn't Coach
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