

TOPS Senior Squads -- JUNE 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																									
		1 HS: 7-8:30pm WEST G: 4-6pm EAST N: 6-7am OPRF 4-6pm EAST	2 <i>No Practice</i>	3 HS: 7-8:30pm WEST G: 4-6pm EAST N: 6-7am OPRF 4-6pm EAST	4 G: 4-6pm EAST N: 4-6pm EAST	5 G 8-10am EAST N 8-11am EAST																																																																																									
6	7 HS: 7-8:30pm WEST G: 4-6pm EAST N: 4-6pm EAST	8 HS: 7-8:30pm WEST G: 4-6pm EAST N: 4-6pm EAST	9 G: 4-6pm EAST N: 4-6pm EAST	10 HS: 7-8:30pm WEST G: 4-6pm EAST N: 4-6pm EAST	11 HS: 7-8:30pm WEST G: 4-6pm EAST N: 4-6pm EAST	12 <i>No Practice</i>																																																																																									
13 <i>All AM workouts will be at Ridgeland Common Pool</i>	14 Flag Day HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-4:30pm OPRF	15 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-5pm Triton	16 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am	17 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-5pm Triton	18 G: 6:45-9am N: 6:45-9am Father's Day Classic @ Ridgeland	19 Father's Day Classic @ Ridgeland																																																																																									
20 Father's Day Father's Day Classic @ Ridgeland	21 Team Breakfast! N: 3:30-4:30pm OPRF	22 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-5pm Triton	23 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am	24 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am <i>Travel to Indianapolis</i>	25 Indy Dolphins Summer Invite @ IUPUI	26 Indy Dolphins Summer Invite @ IUPUI																																																																																									
27 Indy Dolphins Summer Invite @ IUPUI	28 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-4:30pm OPRF	29 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-5pm Triton	30 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am																																																																																												
		May 2010 <table border="1" style="font-size: small; border-collapse: collapse; width: 100%;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						July 2010 <table border="1" style="font-size: small; border-collapse: collapse; width: 100%;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	Th	F	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Notes:
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4 Independence Day <i>Starting this week individual schedules may change based on taper needs</i>	5 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-4:30pm OPRF	6 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-5pm Triton	7 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am	8 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am 3:30-5pm Triton	9 G: 6:45-8am N: 6:45-8am Weather or Not Meet @ UIC	10 Weather or Not Meet @ UIC																																																																																				
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18 IL Senior Champs @ Northwestern	19 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am	20 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am	21 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am	22 HS: 6:45-8:30am G: 6:45-9am N: 6:45-9am	23 G: 6:45-9am N: 6:45-9am ISI Regionals Champs @ UIC	24 ISI Regionals Champs @ UIC																																																																																				
25 <i>TRAVEL to Y-Nationals</i> <i>Practices this week only for AG Champs Swimmers</i>	26 YMCA Nationals @ University of Maryland AG: 7-9am	27 YMCA Nationals @ University of Maryland AG: 7:30-9am	28 YMCA Nationals @ University of Maryland AG: 8-9am	29 YMCA Nationals @ University of Maryland ISI AG Champs @ Stevenson HS AG: 8-9am	30 YMCA Nationals @ University of Maryland ISI AG Champs @ Stevenson HS	31 <i>Return from Y-Nationals</i> ISI AG Champs @ Stevenson HS																																																																																				
1 ISI AG Champs @ Stevenson HS		June 2010 <table border="1" style="font-size: small; border-collapse: collapse;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				August 2010 <table border="1" style="font-size: small; border-collapse: collapse;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					Notes:
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