



MOC 2010

Practice Schedule Monday, 7/26 thru Friday, 7/30

(No practice Monday, 7/26 AM and Friday, 7/30 PM)

Morning practice Monday thru Friday

Time	Age Group
<i>Recreational and Competition Pool</i>	
7:30-8:30am	5-12 Boys and Girls
7:30-9am	13 and older Boys and Girls (some 11/12's by invitation only)
<i>Dryland Training</i> (Wear tennis shoes, shorts, and shirts)	
7-7:30am	5-18 Boys and Girls

Afternoon practice Monday thru Friday

Time	Age Group
<i>Competition Pool</i>	
5:30-6:30pm	5-12 Boys and Girls
5:30-7pm	13 and older Boys and Girls (some 11/12's by invitation only)
<i>Dryland Training</i> (Wear tennis shoes, shorts, and shirts)	
5-5:30pm	5-18 Boys and Girls

Schedules are subject to change for the betterment of the team.
You will be notified if there is any change to this schedule.

Please see a coach if the time your child is scheduled for practice does not work for your schedule. Do not assume it is ok to go to another workout. We have set the schedule based on the number of participants in the different age groups. Some of our age groups are quite large. If we can accommodate the change we will. Sometimes it is not in the best interest of the child, if the age group you so desire to change them to is too advance or too easy.