



SENIORS AND JUNIORS PRACTICE ADJUSTMENTS
January 8, 2018 - January 20, 2018

As planned, GAC is going to be closed repairs/improvements over the next two weeks. We are going to make the following adjustments to our practices. We will also be postponing our upcoming Aquatic Club meeting until next month. All things considered, I think this schedule looks pretty good. Please look over this schedule closely let coach Brian or I know if you have any questions.

Monday (Jan 8th)

Seniors A's @ Southern (8:00pm – 9:30pm)
Senior B's @ Southern (5:30am – 6:45am)
Junior A's @ Natatorium (7:15pm – 8:30pm)
Junior B's @ Natatorium (5:45pm – 7:00pm)

Tuesday (Jan 9th)

Seniors A's @ Southern (8:00pm – 9:30pm)
Senior B's @ Southern (5:30am – 6:45am)
Junior A's @ Natatorium (7:15pm – 8:30pm) ****
Junior B's @ Natatorium (6:30pm – 7:45pm)

Wednesday (Jan 10th)

Seniors A's @ Southern (8:00pm – 9:30pm)
Senior B's @ Southern (5:30am – 6:45am)
Junior A's @ Natatorium (7:15pm – 8:30pm)
Junior B's @ Natatorium (5:45pm – 7:00pm)

Thursday (Jan 11th)

Seniors A's @ Southern (8:00pm – 9:30pm)
Senior B's @ Southern (5:30am – 6:45am)
Junior A's @ Natatorium (4:00pm – 5:30pm) ****
Junior B's @ Natatorium (5:45pm – 7:00pm)

Friday (Jan 12th)

No practice (the team is in Maryland for Winterfest, GO YORK!)

Saturday (Jan 13th)

No practice (the team is in Maryland for Winterfest, GO YORK!)

Sunday (Jan 14th)

(Team at Winterfest)

Monday (Jan 15th)

All seniors who attended Winterfest: No practice
Seniors @ Southern (8:00pm – 9:30pm)
Junior A's @ Natatorium (7:15pm – 8:30pm)
Junior B's @ Natatorium (5:45pm – 7:00pm)

Tuesday (Jan 16th)

All seniors @ York College (6:00 – 8:30pm)
All Juniors @ Southern (8:00 – 9:30pm)

Wednesday (Jan 17th)

All seniors @ York College (6:00 – 8:30pm)
All Juniors @ Southern (8:00 – 9:30pm)

Thursday (Jan 18th)

All seniors @ York College (6:00 – 8:30pm)
All Juniors @ Southern (8:00 – 9:30pm)

Friday (Jan 19th)

All seniors @ York College (6:00 – 8:00pm)
All Juniors @ Southern (8:00 – 9:30pm)

Saturday (Jan 20th)

TBD

Southern address: 100 Constitution Ave, Shrewsbury, PA 17361
Natorium address: 90 N. Newberry Street, York, PA 17401