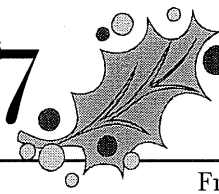




December 2007



Sun

Mon

Tue

Wed

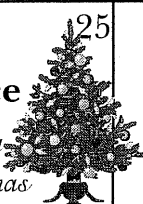
Thu

Fri

Sat

**Warm-up times for meets will be posted on the bulletin board and the website.
Please check for the times.**

Remember to sign-up for the meets and a volunteer position at the meets.

2	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	3	No Practice Picture Day Team @ 6:30 PM Ind'l's following team	4	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	5	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	6	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	7	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	8	Home Meet vs. E. Pennsboro
9	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	10	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	11	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM White Practice 7:15 - 8:15 PM	12	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	13	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	14	Frosty Frolic Forms Due Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	15	Meet at South Middleton
16	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	17	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	18	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	19	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	20	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	21	Navy Practice 6:30 - 7:15 PM White Practice 7:15 - 8:30 PM	22	
23	No Practice	24	No Practice <i>Have a very Merry Christmas</i> 	25	No Practice	26	No Practice (all age groups) 11:00 - Noon	27	No Practice (all age groups) 11:00 - Noon	28	No Practice (all age groups) 11:00 - Noon	29	
30	No Practice (all age groups) 11:00 - Noon	31	<p>Any swimmer age 10 or younger may swim at the Frosty Frolic Invitational on January 6, 2008 at Elizabethtown College. Please see bulletin board for information regarding entrance fees and events list. If interested please fill out a form (located in the file box under "invitationals") and then place the completed form and payment in the coach's folder.</p> <p>Entries and payment are due December 14th.</p>										