



HAMMERHEADS

# December 2009



HAMMERHEADS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR 6:00-8:00 ADULT LAP	2 <b>NO PRACTICE</b> <b>DUAL MEET @</b> <b>RICHARDS H.S.</b> 5:45 WARM UP 6:30 MEET STARTS	3 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR	4 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 6:00-8:00 ADULT LAP	5 <b>ST. NICK'S</b> <b>MEET @</b> <b>HF</b>
6 9-10:30 TR/R/B/SR 10:30-11:30 YHH/ WHITE	7 5:45-7:15 TR/R/B/SR	8 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR 6:00-8:00 ADULT LAP	9 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	10 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR	11 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 6:00-8:00 ADULT LAP	12 <b>LAPORTE MEET</b>
13 <b>NO PRACTICE</b> <b>LAPORTE MEET</b>	14 5:45-7:15 TR/R/B/SR	15 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR 6:00-8:00 ADULT LAP	16 5:45-6:45 YHH/ WHITE 6:45-8:45 TR/R/B/SR	17 <b>NO PRACTICE</b> <b>HS BOYS MEET</b> <b>@ HF</b>	18 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 6:00-8:00 ADULT LAP	19 10:30-11:45 HFSC COACHES
20 9-10:30 TR/R/B/SR 10:30-11:30 YHH/ WHITE	21 12 - 2:30 TR/R/B/SR 2:30-3:30 YHH/ WHITE 1:00-3:00 ADULT LAP	22 12 - 2:30 TR/R/B/SR 2:30-3:30 WHITE	23 12 - 2:30 TR/R/B/SR 2:30-3:30 YHH/ WHITE 1:00-3:00 ADULT LAP	24 <b>NO PRACTICE</b>	25 <b>NO PRACTICE</b>	26 <b>NO PRACTICE</b>
27 9-10:30 TR/R/B/SR 10:30-11:30 YHH/ WHITE	28 12 - 2:30 TR/R/B/SR 2:30-3:30 YHH/ WHITE 1:00-3:00 ADULT LAP	29 <b>HS BOYS</b> <b>PENTATHLON</b> <b>@ HF</b> 5:45-7:45 TR/R/B/SR	30 12 - 2:30 TR/R/B/SR 2:30-3:30 YHH/ WHITE 1:00-3:00 ADULT LAP	31 <b>NO PRACTICE</b>	<b>NO PRACTICE</b>	<b>NO PRACTICE</b>