



HAMMERHEADS

October 2009



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
REVISED 10/18/2009				1 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	2 NO PRACTICE HF HOMECOMING GAME	3
4 9-10:30 TR/R/B/SR 10:30-11:30 WHITE 10:30-11:30 YHH 3:00-5:00 ADULT LAP	5 5:45-7:15 TR/R/B/SR	6 NO PRACTICE HS GIRLS MEET @ HF	7 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	8 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	9 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 6:00-8:00 ADULT LAP	10 10:30-11:30 HFSC COACHES
11 9-10:30 TR/R/B/SR 10:30-11:30 WHITE 10:30-11:30 YHH 3:00-5:00 ADULT LAP	12 5:45-7:15 TR/R/B/SR	13 NEW PARENTS MEETING-6:00 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	14 NO PRACTICE HS GIRLS MEET @ HF	15 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	16 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 6:00-8:00 ADULT LAP	17 10:30-11:30 HFSC COACHES
18 9-10:30 TR/R/B/SR 10:30-11:30 WHITE 10:30-11:30 YHH 3:00-5:00 ADULT LAP	19 5:45-7:15 TR/R/B/SR	20 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	21 NO PRACTICE DUAL MEET @ LINCOLNWAY CENTRAL H.S. 5:45 WARM UP 6:30 MEET STARTS	22 NO PRACTICE HS GIRLS MEET @ HF 7:30-9:00 TR/R/B/SR	23 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 6:00-8:00 ADULT LAP	24 JOLIET JETS MEET @ UIC
25 JOLIET JETS MEET @ UIC 3:00-5:00 ADULT LAP	26 5:45-7:15 TR/R/B/SR	27 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	28 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	29 NO PRACTICE DUAL MEET @ BRADLEY COMMUNITY H.S. 6:15 WARM UP 7:00 MEET STARTS	30 NO PRACTICE HF HIGH SCHOOL DIVING CONFERENCE	31 NO PRACTICE HF HIGH SCHOOL SWIMMING CONFERENCE