

CAC Practice Changes
CCDS JR HIGH & HIGH SCHOOL MEET SCHEDULE

December 2008

3 rd	Wednesday	CAC on plan "B"
8 th	Monday	CAC on plan "A"
9 th	Tuesday	CAC on plan "C"
10 th	Wednesday	CAC on plan "B"
15 th	Monday	CAC on plan "A"

January 2009

6 th	Tuesday	CAC on plan "C"
12 th	Monday	CAC on plan "A"
15 th	Thursday	CAC on plan "C"
27 th	Tuesday	CAC on plan "C"

February 2009

7 th	Saturday	<u>To Be Announced (CCDS League Champs)</u>
-----------------	----------	---

Plan "A" Schedule (Mondays)

Sr. & Nat. Groups	5:45-7:45 PM
T-2 & T-1 Groups	7:00-9:00 PM (dryland also)

Plan "B" Schedule (Wednesdays)

T-2 & T-1 Groups	6:00-7:45 PM
Sr. & Nat. Groups	7:00-9:15 PM (dryland also)

Plan "C" Schedule (Tuesdays & Thursdays)

A-3 & A-2 Groups	5:45-7:30 PM
Sr/Nat Groups & <u>All</u> T-2 Group	6:30-9:00 PM (Weights/DL)
T-1 Group	6:30-8:00 PM-dryland only

**Note: The first practice groups will meet up stairs in the Dryland area.
Please do not leave swim bags in the lobby.**