

# BSL SENIOR I & II GROUPS

## Early Winter 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Dec 25</i> No Practice	<i>Dec 26</i> No Practice	<i>Dec 27</i> 6:45 AM - 9:30 AM Workout - all swim 3:00 PM - 5:30 PM Workout - weightroom or dryland and swim	<i>Dec 28</i> 8:15 AM - 10:30 AM Workout at Crossplex 3:00 PM - 5:30 PM Workout - dryland at pool then swim	<i>Dec 29</i> 8:15 AM - 10:30 AM Workout at Crossplex 3:00 PM - 5:30 PM Workout - weightroom or dryland and swim	<i>Dec 30</i> 8:15 AM - 10:30 AM Workout at Crossplex 3:00 PM - 5:30 PM Workout - all swim	<i>Dec 31</i> 6:45 AM - 9:30 AM Workout - all swim
<i>Jan 1</i>	<i>Jan 2</i> 6:45 AM - 9:30 AM Workout - all swim 3:00 PM - 5:30 PM Workout - weightroom or dryland and swim	<i>Jan 3</i> 3:40 PM - 6:15 PM Workout	<i>Jan 4</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout	<i>Jan 5</i> 3:40 PM - 6:15 PM Workout	<i>Jan 6</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim 3:40 PM - 6:00 PM Workout at Crossplex	<i>Jan 7</i> 8:15 AM - 10:30 AM Workout at Crossplex
<i>Jan 8</i>	<i>Jan 9</i> 3:40 PM - 6:30 PM Workout	<i>Jan 10</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>Jan 11</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout	<i>Jan 12</i> 3:40 PM - 6:15 PM Workout	<i>Jan 13</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim	<i>Jan 14</i>
<i>Jan 15</i>	<i>Jan 16</i> No Practice	<i>Jan 17</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>Jan 18</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout	<i>Jan 19</i> 3:40 PM - 6:15 PM Workout	<i>Jan 20</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>Jan 21</i> 6:45 AM - 9:30 AM Workout
<i>Jan 22</i>	<i>Jan 23</i> 3:40 PM - 6:30 PM Workout	<i>Jan 24</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>Jan 25</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout	<i>Jan 26</i> 3:40 PM - 6:15 PM Workout	<i>Jan 27</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim	<i>Jan 28</i>
<i>Jan 29</i>	<i>Jan 30</i> 3:40 PM - 6:30 PM Workout	<i>Jan 31</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>Feb 1</i> 5:00 AM - 6:45 AM Workout (Sr II only) 3:40 PM - 6:30 PM Workout	<i>Feb 2</i> 3:40 PM - 6:15 PM Workout	<i>Feb 3</i> 5:00 AM - 6:45 AM Workout-lift/dryland then swim or all swim 3:40 PM - 6:15 PM Workout	<i>Feb 4</i> 6:45 AM - 9:30 AM Workout

Ralph Crocke...

Ralph Crocker Invite

BSL Winter Splash

BSL Winter S...

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

The great ones choose discipline over pleasure.