

	23-Sep	30-Sep	7-Oct	14-Oct	21-Oct	28-Oct	4-Nov	11-Nov	18-Nov	25-Nov	2-Dec	9-Dec	16-Dec	23-Dec	30-Dec	6-Jan	13-Jan	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb	24-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
Monday																													Y-Nats
Tuesday																													Y-Nats
Wednesday																													Y-Nats
Thursday																													Y-Nats
Friday				OZ					HPAC		SSTY					RAYS			SSTY			Reg		13&O		Y-State		Y-Nats	
Saturday				OZ					HPAC		SSTY					RAYS	SEA		SSTY		NBSC	Reg		13&O	Y-Reg	Y-State			
Sunday				OZ		SEA	KENO	SSTY	HPAC		SSTY					RAYS	SEA		SSTY		NBSC	Reg		13&O	Y-Reg	Y-State			
Mon Drill	fr	ba	br	bf	bf	fr	br	ba	bf	fr	br	ba	bf			fr	br	ba	bf	fr	br	ms	ms	ms	ms	ms	ms	ms	
Tue Drill	fr	ba	br	bf	ba	bf	fr	br	ba	bf	fr	br	ba			bf	fr	br	ba	bf	fr	ms	ms	ms	ms	ms	ms	ms	
Wed Drill	fr	ba	br	bf	br	ba	bf	fr	br	ba	bf	fr	br			ba	bf	fr	br	ba	bf	ms	ms	ms	ms	ms	ms	ms	
Thur Drill	fr	ba	br	bf	fr	br	ba	bf	fr		ba	bf	fr			br	ba	bf	fr	br	ba	ms	ms	ms	ms	ms	ms	ms	
Fri Drill	fr	ba	br	bf																									
Sat Drill	fr	ba	br	bf																									
Video Tape								x					x																
Med Balls					mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	mw	m	
LTS					Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	
T30					Monday											Monday								Monday					
10x100 FR					Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday	Tuesday	
10x100 IM					Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday		Tuesday	Tuesday	
Kick				x		x		x		x		x		x		x		x		x		x		x		x		x	
Mon Volume																													
Tue Volume																													
Wed Volume																													
Thur Volume																													
Fri Volume							9k																						
Sat Volume																													
Total Volume							35k																	40k					

**T30 Team Top Three**  
 Men - Adam Lewno 2750, Josh Griffey 2700, Andy Gelden 2575  
 Women - Paige Weslaski 2550, Jenny Gelden 2500, Michelle Goettge 2500