

# January 2019- EHMS Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>No Practice</b> <b>New Year's Day</b>	<b>2</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>3</b> H and Y Squads 5:30-6:30 pm	<b>4</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>5</b>
<b>6</b>	<b>7</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	<b>8</b> H and Y Squads 5:30-7:00 pm	<b>9</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>10</b> H and Y Squads 5:30-6:30 pm	<b>11</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>12</b>
<b>13</b>	<b>14</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	<b>15</b> H and Y Squads 5:30-7:00 pm	<b>16</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>17</b> H and Y Squads 5:30-6:30 pm	<b>18</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>19</b>
<b>20</b>	<b>21</b> <b>LEHY Bowling Party</b> <b>11:30 am-1:30 pm</b>	<b>22</b> H and Y Squads 5:30-7:00 pm	<b>23</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>24</b> H and Y Squads 5:30-6:30 pm	<b>25</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>26</b>
<b>27</b>	<b>28</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	<b>29</b> H and Y Squads 5:30-7:00 pm	<b>30</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>31</b> H and Y Squads 5:30-6:30 pm		

# February 2019- EHMS Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
**Practices going into Championships are subject to change due to meet preparation.					<b>1</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>2</b>
<b>3</b>	<b>4</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	<b>5</b> H and Y Squads 5:30-7:00 pm	<b>6</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>7</b> H and Y Squads 5:30-6:30 pm	<b>8</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>9</b>
<b>10</b>	<b>11</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	<b>12</b> H and Y Squads 5:30-7:00 pm	<b>13</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>14</b> H and Y Squads 5:30-6:30 pm	<b>15</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>16</b>
<b>17</b>	<b>18</b> <b>No Practice</b> <b>President's Day</b>	<b>19</b> H and Y Squads 5:30-7:00 pm	<b>20</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>21</b> H and Y Squads 5:30-6:30 pm	<b>22</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>23</b>
<b>24</b>	<b>25**</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	<b>26**</b> H and Y Squads 5:30-7:00 pm	<b>27**</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm	<b>28**</b> H and Y Squads 5:30-6:30 pm		

# March 2019- EHMS Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*Swimmers may continue to practice until they have competed in their last championship meet of the season.</b></p> <p><b>**Practices going into Championships are subject to change due to meet preparation.</b></p>					<p><b>1</b> No Practice Regional Championships</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission</p>	<p><b>5</b> H and Y Squads 5:30-7:00 pm</p>	<p><b>6</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm</p>	<p><b>7</b> H and Y Squads 5:30-6:30 pm</p>	<p><b>8</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm</p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11**</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission</p>	<p><b>12**</b> H and Y Squads 5:30-7:00 pm</p>	<p><b>13**</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-7:30 pm</p>	<p><b>14**</b> H and Y Squads 5:30-6:30 pm</p>	<p><b>15</b> No Practice AG Championships</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b> H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission</p>	<p><b>19</b> H and Y Squads 5:30-6:30 pm</p>	<p><b>20</b> L and E Squads 4:30-5:30 pm  H and Y Squads 5:30-6:30 pm</p>	<p><b>21</b> H and Y Squads 5:30-6:30 pm</p>	<p><b>22</b> 5:30-6:30 pm -8 and unders are at the All Star</p>	<p><b>23</b></p>
<p><b>24</b></p>	<p><b>25</b> Will be Announced LC Tryouts 5:00-6:00 pm</p>	<p><b>26</b> LC Tryouts 5:00-6:00 pm</p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>