

	Sea Raiders	June	July	August	2018	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-Jun	11	12	13 First Practice 4-5:15pm Registration available at the pool during practice	14 Practice 4-5:15pm	15 Practice 4-5:15pm	16
17	18 Practice 4-5:15pm	19 Practice 4-5:15pm	20 Practice 4-5:15pm	21 Practice 4-5:15pm	22 Practice 4-5:15 4:15 Manditory Parents' Information Meeting & Ice Cream Social for swimmers after practice	23
24	25 Practice 7:30-9:15am	26 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	27 Practice 7:30-9:15am	28 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	29 Practice 7:30-9:15am	30
July 1 Red and White meet @ Home 9 am warm-up	2 Practice 7:30-9:15am	3 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	4 Practice 7:30-9:15 Wear Red White & Blue to practice!	5 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	6 Practice 7:30-9:15am	7 AWAY Meet vs Hurley 8am warm-up
8	9 Practice 7:30-9:15am	10 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	11 Practice 7:30am AWAY Meet vs Rhinebeck 4pm warm-up	12 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	13 Practice 7:30-9:15am	14 HOME Meet vs Hyde Park 8am warm-up OVERNIGHT 7pm-7am!
15	16 Practice 7:30-9:15am	17 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	18 Practice 7:30am AWAY meet vs New Paltz 4pm warm -up	19 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	20 Practice 7:30-9:15am	21 AWAY Meet vs Kerhonkson 8am warm-up
22	23 Practice 7:30-9:15am	24 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	25 Practice 7:30am HOME Meet vs Zena 4pm warm-up	26 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	27 Practice 7:30-9:15am	28 HOME Meet vs Rosendale 8 am warm up
29	30 Practice 7:30-9:15am	31 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	Aug 1 Practice 7:30am Pasta/psych Party with awards 5-8pm	2 Practice 7:30-9:15am Clinic 7pm-7:45pm & 7:45pm-8:30pm	3 Practice 7:30-9:15am Get to bed early!	4 DUSO Championships at Rosendale Pool