

# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Coach's Choice 7:30 – 9pm Josh	4 Coach's Choice 7:30 – 9pm Michael	5	6 Coach's Choice 7:30 – 9pm Jackson	7 Free & IM 7:30 – 9pm Scott	8	9
10 Distance Free 7:30 – 9pm Josh	11 Back & Free 7:30 – 9pm Michael	12	13 Short Sprints 7:30 – 9pm Scott	14 <b>NO PRACTICE</b>	15	16
17 <b>NO PRACTICE</b>	18 Distance Free 7:30 – 9pm Michael	19	20 Breast & Free 7:30 – 9pm Scott	21 Short Sprints 7:30 – 9pm Scott	22	23
24 Mid Distance 7:30 – 9pm Josh	25 Free & IM 7:30 – 9pm Michael	26	27 Distance Free 7:30 – 9pm Jackson	28 Fly & Free 7:30 – 9pm Scott	29	

## REMINDER

USMS memberships expired 12.31.19. Make sure you have renewed your USMS membership for 2020 **before** attending practice.