

DECEMBER

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WK4			1 5:45-7:15 AM (Varsity only) 3:15-5:15 PM SWIMMING	2 3:15-5:15 PM SWIMMING	3 5:45-7:15 AM AMES @ANKENY 6:00 PM	4 5:45-7:15 AM (Varsity only) 3:15-5:15 PM SWIMMING	5 8:00-9:15 JV Prac MIKE WITTMER INVITATIONAL 11:00 AM (warmups 9:20 AHS)
WK5	6	7 5:45-7:15 AM DM LINCOLN @ AMES 5:00 PM	8 5:45-7:15 AM (Varsity only) BOONE @ AMES 5:00 PM	9 3:15-5:15 PM SWIMMING	10 5:45-7:15 AM AMES @ JOHNSTON 6:00 PM	11 5:45-7:15 AM (Varsity only) 3:15-5:15 PM SWIMMING	12 8:00 - 10:00 AM
WK6	13	14 5:45-7:15 AM 3:15-5:15 PM SWIMMING	15 5:45-7:15 AM (Varsity only) 3:15-5:15 PM SWIMMING	16 3:15-5:15 PM SWIMMING	17 5:45-7:15 AM 3:15-5:15 PM SWIMMING	18 5:45-7:15 AM (Varsity only) DM EAST @ AMES 5:00 PM	19 BOT #1 8:00 - 10:00 AM
WK7	20	21 BOT #2 8:30 - 11:00 AM	22 BOT #3 8:30 - 11:00 AM	23 BOT #4 8:30 - 11:00 AM	24 BOT #5 8:30 - 11:00 AM (If a weather issue move practice to Sat Dec. 26 from 5-7 PM)	25 CHRISTMAS OFF	26 NO PRACTICE OFF
WK8	27	28 BOT #6 8:30 - 11:00 AM	29 BOT #7 8:30 - 11:00 AM	30 BOT #8 8:30 - 11:00 AM	31 BOT #9 9:30 - 12:00 AM	Jan 1 BOT #10 8:30 - 11:00 AM	Jan 2 JOHNSTON INVITATIONAL 11:00 AM