

december 2018

date	minnows	spinners	orcas
1	Saturday morning practice	West Chester University Meet	West Chester University Meet
3	endurance freestyle	pace set	conditioning & starts
4	IM, starts & turns	sprints	IM workout
5	no practice	no practice	endurance
6	freestyle flip turns	breaststroke & starts	pace sets
7	no practice	distance & flip turns	ladder
8	Germantown Academy Meet	Germantown Academy Meet	Germantown Academy Meet
10	backstroke	IM & sprints	freestyle
11	freestyle & kicking	backstroke	distance
12	no practice	no practice	sprints & IM
13	endurance	butterfly	kick & strength
14	no practice	endurance	IM & transitions
15	Saturday morning practice	Friends Central Swim Meet	Friends Central Swim Meet
17	butterfly	threshold	backstroke & kicking
18	backstroke	IM & sprints	sprints & IM
19	no practice	no practice	distance & turns
20	breaststroke	endurance	conditioning & starts
21	no practice	endurance & kick	active recovery & turns
22	Saturday morning practice	Saturday morning practice	Saturday morning practice
24	no practice	no practice	no practice
25	no practice	no practice	no practice
26	no practice	no practice	no practice
27	freestyle	backstroke & threshold	deck of cards set
28	no practice	endurance	recovery set
29	Saturday morning practice	Saturday morning practice	New Years practice
31	no practice	no practice	no practice