

# september 2018

date	minnows	spinners	orcas
10	drill - freestyle	drill - freestyle	drill - freestyle
11	drill - freestyle & kick	drill - freestyle & kick	drill - freestyle
12	no practice	no practice	drill - butterfly
13	drill - backstroke	drill - backstroke	drill - breastroke & freestyle
14	no practice	drill - backstroke	drill - IM
15	Saturday morning practice	Saturday morning practice	Saturday morning practice
17	backstroke & backstroke kick	backstroke & backstroke kick	freestyle aerobic set
18	butterfly drills & kick	butterfly drills & kick	stroke aerobic set
19	no practice	no practice	endurance set
20	welcome back party	welcome back party	welcome back party
21	no practice	freestyle dives & finishes	sprint set
22	Saturday morning practice	Saturday morning practice	Saturday morning practice
24	freestyle dive	freestyle aerobic set	aerobic set & dives
25	butterfly & butterfly dives	butterfly & butterfly dives	sprint set - turns & finishes work
26	no practice	no practice	stroke & IM transitions
27	backstroke dives & finishes	flip turns	stroke sprint set & turns
28	no practice	breastroke drills	IM set
29	Saturday morning practice	Saturday morning practice	Saturday morning practice