



COLA 2011 Holiday Practice Schedule



Pre-Senior, Junior Advanced, and Junior

Week of December 19th

Monday- Normal Practice Schedule 4:00-5:30 or 5:00-6:30

Tuesday- Normal Practice Schedule 4:00-5:30 only

Wednesday- Christmas Party – No Practice

Thursday- 11:00am – Coach Sarah's House for lunch and group get together and then we will help bring them to Practice 4:00-5:30 only

Friday- NO PRACTICE

Saturday- No PRACTICE- Merry Christmas

Week of December 26th

Monday - Normal Practice Schedule 4:00-5:30 only-

Tuesday- Normal Practice Schedule 4:00-5:30 only

Wednesday- Normal Practice Schedule 4:00-5:30 only

Thursday- Normal Practice Schedule 4:00-5:30 only

Friday- NO PRACTICE

Saturday- No Practice- Happy New Year!!!!!!!

••If it is an issue to only have 4:00-5:30 for you getting there, let Coach Sarah know and we can work something out.

Week of January 2nd

Monday - Regular Practice Resumes

**Also, on Thursday the 22nd we will have a group gathering at Coach Sarah's house. Swimmers can come at 11:00. We will eat pizza, make Christmas Cookies, Play football, ect. The coaches will get them to 4:00 practice after this or you can pick them up at 3:15 at Coach Sarah's House. Everyone needs to bring \$5 to help cover the cost of pizza and cookie supplies! Coach Marge, Coach Katie, Coach Keifer and Coach Sarah will all be there to chaperone. Coach Sarah lives at 110 Quiet Meadows in Youngsville in the Copper Meadows Subdivision behind NUNU'S Grocery Store. Let her know if you need directions. We hope to see you all there!