

# February 2010

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  |
|---|--|--|---|---|--|---|
| <b>1</b><br>Coach: Erich<br>Coach: Sean<br>Coach: Jacob<br><b>PHS Meet, BSC starts @ 5:30</b> | <b>2</b><br>Coach: Sean<br>Coach: Christina<br>Coach: Erich  | <b>3</b><br>Coach: Mary<br>Coach: Sean<br>Coach: Jacob<br><b>PHS Meet, BSC starts @ 5:30</b> | <b>4</b><br>Coach: Sean<br>Coach: Mike<br>Coach: Christina<br><b>Dryland!</b>   | <b>5</b><br>Coach: Mike<br>Stroke: Breaststroke<br><b>SD Make-up</b>                                      | <b>6</b>   | <b>7</b><br>Coach: Erich  |
| <b>8</b><br>Coach: Erich<br>Coach: Sean<br>Coach: Jacob                                       | <b>9</b><br>Coach: Sean<br>Coach: Christina<br>Coach: Mary   | <b>10</b><br>Coach: Mary<br>Coach: Sean<br>Coach: Jacob                                      | <b>11</b><br>Coach: Erich<br>Coach: Sean<br>Coach: Christina                    | <b>12</b><br>Coach: Mike<br>Stroke: Freestyle   | <b>13</b><br><b>Ozark Qualifier Meet (Lafayette HS) Coach: Erich</b> | <b>14</b><br>Coach: TBA<br><b>Ozark Qualifier Meet (Lafayette HS) Coach: Erich</b>  |
| <b>15</b><br>Coach: Erich<br>Coach: Sean<br>Coach: Jacob                                      | <b>16</b><br>Coach: Sean<br>Coach: Christina<br>Coach: Mike  | <b>17</b><br>Coach: Mary<br>Coach: Sean<br>Coach: Jacob                                      | <b>18</b><br>Coach: Erich<br>Coach: Sean<br>Coach: Christina<br><b>Dryland!</b> | <b>19</b><br>Coach: Erich<br>Stroke: Butterfly  | <b>20</b>  | <b>21</b><br>Coach: Mike  |
| <b>22</b><br>Coach: Erich<br>Coach: Sean  | <b>23</b><br>Coach: Sean<br>Coach: Christina<br>Coach: Erich | <b>24</b><br>Coach: Mary<br>Coach: Sean<br>Coach: Jacob                                      | <b>25</b><br>Coach: Erich<br>Coach: Sean<br>Coach: Christina<br><b>Dryland!</b> | <b>26</b><br>Coach: Mary<br>Stroke: Backstroke<br><b>Ozark Champ's (St. Peters Rec Plex) Coach: Erich</b> | <b>27</b><br><b>Ozark Champ's (St. Peters Rec Plex) Coach: Erich</b> | <b>28</b><br>Coach: Mary<br><b>Ozark Champ's (St. Peters Rec Plex) Coach: Erich</b> |
| <b>1</b><br>Coach: Erich<br>Coach: Sean   | <b>2</b><br>Coach: Sean<br>Coach: Christina                  | <b>3</b><br>Coach: Mary<br>Coach: Sean<br>Coach: Jacob                                       | <b>4</b><br>Coach: Erich<br>Coach: Sean<br>Coach: Christina<br><b>Dryland!</b>  | <b>5</b><br>Coach: Mike<br>Stroke: Breaststroke   | <b>6</b>   | <b>7</b><br>Olympian Swim Clinic with Josh Davis and Misty Hyman!!!                 |