

TFS School Swim Team 2015-2016 Team Calendar

Coach Annette Cochran Annette.cochran@tallulahfalls.org 10/10/2015

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mmm m	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					GHSA physical form and concussion form REQUIRED to participate	
1 10/05		<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner Back stroke Mixed stroke & drill review- build endurance base</i>	<i>Early Practice 4:30- 5:30 Ride swim team shuttle to pool. Backstroke Starts/flip turns Rules for back stoke</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner Freestyle Diving/ flip turns/ rules</i>	<i>Early Practice 4:30-5:45</i>	No Practice
2 10/12	Early Practice 3:15-4:15 Students will do conditioning on campus. Practice will be over in time to ride shuttle bus home. Pool Closed for Columbus Day	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner Freestyle & Back Stroke- endurance Flip turns /dives</i>	<i>Early Practice 3:45-5:00</i>	Open Weekend- early release Optional practice 3:30-5:00pm	<i>Open Weekend Optional Practice 9:00-10:30am</i>	
3 10/19	<i>Early Practice 4:30- 5:30 5:30-6:30</i> High School swimmers start All students ride bus from upper school main entrance	<i>Late Practice 7:00-8:00 <u>6:15-Swim parent orientation</u> Meet at pool Boarding Students ride bus after dinner</i>	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner</i>	<i>Early Practice 4:30- 5:45 FUN Friday</i>	**Soque River Race
4 10/27	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner</i>	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner Relay Practice</i>	<i>Early Practice 4:30- 5:45 Time Trials 100 free, 100 breast, 50 free and relay</i>	No Practice (tentative) TFS Two Rivers Challenge Bicycle Event
5 11/2	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>No Practice Fall Sports Banquet</i>	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner</i>	<i>Early Practice 4:30- 5:45 Meet prep Swim your events</i>	Hawaiian Luau Swim Meet- TFS Host at Ruby Fulbright 8:00am
6 11/9	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner</i>	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner</i>	<i>Early Practice 4:30- 5:45 Meet prep Swim your events</i>	Raider Swim Meet Habersham Central Host at Ruby Fulbright in Clarksville
7 11/16	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner Relay Practice</i>	<i>Early Practice 4:30- 5:30 5:30-6:30</i>	<i>Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner</i>	<i>Early Release</i>	
8 11/23	Thanksgiving Holidays Evening Practice 4:30-6:00	Thanksgiving Holidays Evening Practice 4:30-6:00	Thanksgiving Holidays Evening Practice 4:30-6:00	Thanksgiving Holidays No Practice	Thanksgiving Holidays No Practice	<i>Thanksgiving Holidays Practice 9:00-10:30</i>
9	<i>Early Practice</i>	<i>Late Practice</i>	<i>Early Practice</i>	<i>Swim Your events &</i>	Raiders host Swim	SAT on Campus

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11/29	4:30- 5:30 5:30-6:30	7:00-8:00 Meet at pool Boarding Students ride bus after dinner	4:30- 5:30 5:30-6:30	relay	Meet at Ruby Fulbright	
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 12/7	Early Practice 4:30- 5:30 5:30-6:30	Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner	Early Practice 4:30- 5:30 5:30-6:30 Ride swim team shuttle to pool.	Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner	TFS Winter Snow Meet High school and Middle School 5:00 pm	
11 12/14	Early Practice 4:30- 5:30 5:30-6:30	Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner	Early Practice 4:30- 5:30 5:30-6:30 Ride swim team shuttle to pool.	Polar Bear Plunge Lake Swim, S'mores, Hot Chocolate and campfire 3:30-5:30 Tallulah Lake Beach	No Practice Early Release	Christmas Break Select High School Meet at Emory University
12 12/21	Christmas Break Practice 4:15-5:15	Christmas Break	Christmas Break Merry Christmas No Practice	Christmas Break Practice time TBD	Christmas Break Practice time TBD	Christmas Break No Practice
13 12/28	Christmas Break Practice 4:15-5:15	Christmas Break Practice time TBD	C	Christmas Break Practice time TBD	Christmas Break Practice time TBD	<i>Optional Meet Habersham Raiders Meet at Ruby Fulbright High School & Middle School</i>
14 1/4	Early Practice 4:30- 5:30 5:30-6:30	Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner	Early Practice 4:30- 5:30 5:30-6:30	Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner		Chestatee Swim Meet @ Frances Meadows Pool Gainesville High school & middle school
15 1/11	Early Practice 4:30- 5:30 5:30-6:30	Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner	Early Practice 4:30- 5:30 5:30-6:30	Late Practice 7:00-8:00 Meet at pool Boarding Students ride bus after dinner	TFS Middle School Only End of Season Meet Parent help needed, please	TFS High School Only Meet- middle school helps
16 1/18	Pool Closed TEAm Dinner at Mexican Restaurant MS Swimmers return swim bags	Late Practice 7:00-8:00	Early Practice 4:30- 5:30	Late Practice 7:00-8:00	Practice 4:15- 5:30	Habersham Raiders Host Last Chance Meet for High School Only- Prelims & Finals
1/25 & 2/1	Early Practice 4:30- 5:30 State Qualifiers Only	Practice Time TBD State Qualifiers Only	Early Practice 4:30- 5:30 State Qualifiers Only	Practice TBD	GHSA High School State Swim Meet @ GA Tech	GHSA High School State Swim Meet @ GA Tech

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