

# Frisco ISD Swimming & Diving Holiday Practice Schedule 2009-2010

To maintain the consistency of our season it is critical that we continue to train through the holidays. Please look over the practice schedule for the 2009 – 2010 holiday season and make plans to attend each session.

The District Championships are four weeks after we return from our Holiday Break. We realize that some of you may be out of town and will not be able to attend some of the sessions. Please let us know which sessions you will attend as this will make it easier to plan practice. Remember, you are expected to attend all practice sessions that you are available to attend. These practice sessions are important to our success at the end of the season.

***Please sign and return this form to your coach and Hi-Lite the practices that you will attend***

FISD Students will have a school holiday on the following dates. Mark your calendar and make plans to attend practice on these days.

Monday, October 12                    8:00 – 10:00

Monday, November 23                8:00 – 10:00

Tuesday, November 24               8:00 – 10:00

Wednesday, November 25           8:00 – 10:00

Thursday, November 26              No Practice

Friday, November 27                 No Practice

Monday, December 21                8:00 – 10:00

Tuesday, December 22               8:00 – 10:00

Wednesday, December 23           8:00 – 10:00

Thursday, December 24              No Practice

Friday, December 25                 No Practice

Monday, December 28                No Practice

Tuesday, December 29               8:00 – 10:00

Wednesday, December 30           8:00 – 10:00

Thursday, December 31              8:00 – 10:00

Friday, January 1                     No Practice

Monday, January 11                  Regular Schedule Practice

Tuesday, January 12                 Regular Schedule Practice

Wednesday, January 13              1:30 – 3:00

Thursday, January 14                1:30 – 3:00

Friday, January 15                    Swim Meet

Monday, January 18                  8:00 – 10:00

February 15                            8:00 – 10:00

***Please sign and return this form to your coach and Hi-Lite the practices that you will attend.***

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Swimmer

\_\_\_\_\_  
Parent