

BEACON HIGH SCHOOL "LADY BULLDOGS" PRACTICE SCHEDULE
AUGUST 15 - SEPTEMBER 7, 2019

TRAINING GROUP	VARSITY PRACTICE		
Aug. 15	8:30-8:30am Team Meeting 8:30-10:00am (Team Practice)		
Aug. 16	7:30-9:30 AM 3:00-5:00 PM		
Aug. 17 Sat	No Practice	No Practice	No Practice
Aug. 18 Sun	No Practice	No Practice	No Practice
Aug. 19	7:30-9:30 AM 3:00-5:00 PM		
Aug. 20	7:30-9:30 AM 3:00-5:00 PM		
Aug. 21	7:30-9:30 AM 3:00-5:00 PM		
Aug. 22	7:30-9:30 AM 3:00-5:00 PM		
Aug. 23	7:30-9:30 AM 3:00-5:00 PM		
Aug. 24 Sat	No Practice	No Practice	No Practice
Aug. 25 Sun	No Practice	No Practice	No Practice
Aug. 26	7:30-9:30 AM 3:00-5:00 PM		
Aug. 27	7:30-9:30 AM 3:00-5:00 PM		
Aug. 28	7:30-9:30 AM 3:00-5:00 PM		
Aug. 29	7:30-9:30 AM 3:00-5:00 PM		
Aug. 30	7:30-9:30 AM 3:00-5:00 PM		
Aug. 31 Sat	No Practice	No Practice	No Practice
Sept 1 Sun	No Practice	No Practice	No Practice
Sept 2	<i>Labor Day No Practice</i>	<i>Labor Day No Practice</i>	<i>Labor Day No Practice</i>
Sept 3	7:30-9:30 AM 3:00-5:00 PM		
Sept 4	5:30-7:00am & 2:30-4:30pm		
Sept 5	6:30-8:30am & 2:30-4:30pm	6:30-8:30am & 2:30-4:30pm pm	
Sept 6	<i>Woodland Meet Home</i>	<i>Woodland Meet Home</i>	<i>Be at Pool 2:40pm</i>
Sept 7 Sat	6:30-8:00am	No Practice	No Practice
Sept 8 Sun	No Practice	No Practice	No Practice
Sept 9	6:30-8:30am & 2:30-4:30pm	6:30-8:30am & 2:30-4:30pm pm	
Sept 10	2:30-4:30pm	2:30-4:30pm pm	
Sept 11	<i>Putnam Valley Meet Home</i>	<i>Putnam Valley Meet Home</i>	<i>Be at Pool 2:40pm</i>
Sept 12	6:30-8:30am & 2:30-4:30pm	6:30-8:30am & 2:30-4:30pm pm	
Sept 13	2:30-4:30pm	2:30-4:30pm pm	

SCHEDULE SUBJECT TO CHANGE{REVISED JUNE 18, 2019}

Varsity Swimming Pre-Season Training (Boys & Girls)

SUMMER TRAINING
MONDAY~TUESDAY~WEDNESDAY
11:30AM-1:00PM

July
1, 2 & 3
8, 9 & 10
22, 23 & 24
29, 30 & 31

August
5, 6 & 7
12, 13 & 14

Pre-season Meeting
August 15 8:00-8:30am
Practice to follow 8:30-11:00am

Preseason Equipment needs:
Training Fins, 1 Piece Swim Suits, Goggles & Training Snorkel

Vendor <https://vo2sports-us.com/>

Ask For Hedi (845)274-2737