

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1st Day of Practice 4- 8pm	3 Practice 4 -8pm	4 Practice 4-8pm	5 Practice 4-8pm	6 Practice 4-7pm Nation Ford's Parents Meeting @ 6pm FM- 4-5:30pm NF- 5:30-7pm	7
8	9 Practice 4- 8pm	10 Practice 4-8pm	11 Practice 4 -8pm	12 Practice 4 -8pm	13 Practice 4-7pm FM-4 - 5:30pm NF-5:30 - 7pm	14
15	16 1st day of Contest Practice 4-8pm	17 Chester at Nation Ford	18 1st day of School!! Practice 4-8pm	19 Practice 4 -8pm	20 Practice 4-7pm NF- 4 - 5:30pm FM-5:30 - 7pm	21
22	23 Practice 4-8pm	24 Practice 6 -8pm: Just NF	25 Practice 4-8pm	26 Tri Meet at Rock Hill Aquatics Center (FM & NF)	27 Practice 4-7pm FM 4-5:30pm NF 5 :30-7pm	28
29	30 Practice 4 -8pm	31 Practice 4-8pm				

Blue = Free Day , Red = Nation Ford Home Meet, Yellow = Fort Mill Home Meet

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 FM at Nation Ford	2 Practice 4-8pm	3 Practice 4-7 NF 4—5:30pm FM 5:30—7pm	4
5	6 Practice 4-8pm	7 South Pointe @ Nation Ford FM @ Chester	8 Practice 4-8pm	9 Practice 4-8pm	10 Practice 4 –7pm FM 4—5:30pm NF 5:30—7pm	11 Nation Ford at Chester Invitational
12	13 Practice 4-8pm	14 York at FM	15 Practice 4-8pm	16 Cross Down Throw Down at Rock Hill Aquatics Center (NF & FM)	17 Practice 4-7pm NF 4—5:30pm FM 5:30—7pm	18
19	20 Practice 4-8pm	21 York @ Nation Ford SENIOR NIGHT!!	22 Practice	23 FM @ South Pointe Practice 6-8pm: Just NF	24 Practice 4-7pm FM 4—5:30pm NF 5:30—7pm	25
26	27 Practice 4-8pm	28 Practice 4-8pm	29 Practice 4 –8pm	30 Region Meet at Rock Hill Aquatic Center 5pm (NF & FM)		

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October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice 4-6pm: Both Teams	2
3	4 Practice 4-8pm	5 Practice 4-8pm	6 Practice 4-8pm	7 Practice 4-8pm	8 Practice 4-6pm: Both Teams	9 State Meet
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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