



Empire Swimming Xtreme Team Practice Schedule July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE Training Trip	2 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE Training Trip	3 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE Training Trip	4 NO PRACTICE Training Trip	5 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE Training Trip	6 7:30 - 9:30 AM at HACKLEY SUMMER SCHEDULE Training Trip	7 Training Trip
8 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	9 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	10 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	11 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	12 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	13 7:30 - 9:30 AM at HACKLEY SUMMER SCHEDULE	14
15 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	16 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	17 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	18 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	19 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	20 7:30 - 9:30 AM at HACKLEY SUMMER SCHEDULE	21
22 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	23 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	24 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	25 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	26 6:30 - 8:30 AM at HACKLEY SUMMER SCHEDULE	27 7:30 - 9:30 AM at HACKLEY SUMMER SCHEDULE	28
29 7:30 - 8:30 AM at HACKLEY	30 7:30 - 8:30 AM at HACKLEY	31 NO PRACTICE ISCA Elite Showcase	1 CRA Prelims/Finals LC Senior Zones ISCA Elite Showcase	2 CRA Prelims/Finals LC Senior Zones ISCA Elite Showcase	3 CRA Prelims/Finals LC Senior Zones ISCA Elite Showcase	4 CRA Prelims/Finals LC Senior Zones
	HAVE A GREAT SUMMER -- SEE YOU IN SEPTEMBER!					