

“Hard work beats talent, when talent doesn't work hard”

# LADY MARINER SWIM & DIVE

# AUGUST 2012

**No matter how hard you practice....someone is practicing harder. No matter how good you are... someone is better! BE THAT SOMEONE!**

*“ABILITY is what you are capable of doing.  
MOTIVATION determines what you do.  
ATTITUTDE determines how well you do it.”*  
--Lou Holtz

**Practices are: 90% physical & 10% mental.  
Meets are: 90% mental and 10% physical.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	August 1	2	3	4
Enjoy your last week off! Make sure to get physical & pay-to-play turned in prior to the 8 <sup>th</sup> !!!						
5	6	7	8 Parent Mtg 6pm 1 <sup>st</sup> Practice Dry & H2O 6-9pm	9 AM Dryland 5:30-7:30am PM H2O 6-9pm	10 AM H2O 6-9am	11 CAR WASH 10-3
12 AM H2O 5:30-7:30am PM H2O 6-9pm	13 AM H2O 5:30-7:30am PM H2O 6-9pm	14 AM Dryland 5:30-7:00am PM H2O 6-9pm	15 AM H2O 5:30-7:30am PM H2O 3-6pm	16 AM Dryland 5:30-7:00am PM H2O 3-6pm	17 AM H2O 5:30-7:00am	18
19	20 PM H2O 6-9pm	21 AM Dryland 5:30-7:00am PM H2O 6-9pm	22 AM H2O 5:30-7:00am (B) PM H2O 3-6pm	23 (FB) PM H2O 3-6pm Team Dinner	24 Team Pictures 7:45am Marysville Relay Bus @?? Meet @ 10am	25
26	27 AM H2O (TBD) Team Camp??	28 Floatdown?? (TBD) PM H2O	29 AM H2O 5:30-7:00am (B) PM H2O 3-6pm	30 AM Dryland 5:30-7:00am (FB) PM H2O 3-6pm	31 AM H2O 6-9am Have a great weekend see you on Tuesday!!	1
		Tues Practice 3pm – 6pm Dry & H2O		5 Wed.	6 Meet vs. Lakeview Here 4:30 Start 6pm	Meet @ Lancers Relays Bus @ 3:00 Meet @ 5pm