**2010-02-11 Thurs. ### taper practice 10 ### LAST DAY OF PRACTICE**

WU 3 – 2 – 1 [15min]

K. 12 x 25 {alt 25 UW Dolphin Hard. 25 Chc; 15sR} [9m / 25m] [/t900]

1 @ of Your events.. long and EZ., think form. 1mR(100). 2mR(200) [ 8m / 33m]

Turns. [15 m / 48m]

3 x 50 Hard. dstP. [5m / 56m] [/t1250]

Dives. [10m / 61m]

Relay exchanges. [7m / 68]

50 EZ [2m / 80m] [/t1300]

20m free time.

**District Notes:**

No diving
no jewelry
carbo-loading
bring sports-drinks (not energy drinks like Red Bull)
scratches need to be official
never assume DQ
shaving
bring something to do.
be Aware of When your events are and where the meet is.

early release: 11am
bus leaves: 11:15am
WU- noon. Plan for 4.5 to 5hrs