

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 NEW PRACTICE SCHEDULE BEGINS SR I: Hunt Club 530-8am SR II & III: Staples 6-815am	29 SR I: Hunt Club 530-8am SR II & III: Staples 6-815am <hr/> SR I: Staples 415-6pm	30 SR I: Hunt Club 530-8am SR II & III: Staples HS 6-815am			

IMPORTANT NOTES:

- **At Staples:** Lane Lines will need to be put IN every morning and out on most. Swimmers are to enter and exit from the pool deck so the coaching staff knows everyone is out.
- **At Hunt Club:** We are guests of the club. Please park facing Long Lots Road or facing the pool fence. Swimmers are asked to get out of the locker room quickly and to be picked up promptly. The pool will need to be set daily—lane lines, backstroke flags and pace clocks. We will swim in the rain. Will get out if thundering and lightening.
- **AFTERNOON PRACTICES:** Senior I @ Staples 415-6pm. Swimmers may attend ONLY if they attended morning practice. These will be very specialized practices.
- Schedule is subject to change.

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SR I: Hunt Club <u>530-8am</u> SR II&III: Staples <u>6-815am</u> SR I: Staples 415-6pm	2 SR I: Hunt Club 530-8am SR II & III: Staples HS 6-815am	3 SR I: 6-830am @ Y SR II & III: 815-1015am
4	5 SR I: Hunt Club 6-8am SR II & III: No Practice STAPLES CLOSED	6 SR I: Hunt Club <u>530-8am</u> SR II&III: Staples <u>6-815am</u> SR I: Staples 415-6pm	7 SR I: Hunt Club 530-8am SR II & III: Staples HS 6-815am	8 SR I: Hunt Club <u>530-8am</u> SR II&III: Staples <u>6-815am</u> SR I: Staples 415-6pm	9 SR I: Hunt Club 530-8am SR II & III: Staples HS 6-815am	10 SR I: 6-830am @ Y SR II & III <u>No practice</u> Point to Point Swim @ Compo Beach
11	12 SR I: Hunt Club 545-8am SR II & III: Staples 6-815am	13 SR I: Hunt Club <u>545-8am</u> SR II&III: Staples <u>6-815am</u> SR I: Staples 415-6pm	14 SR I: Hunt Club 545-8am SR II & III: Staples 6-815am	15 SR I: Hunt Club <u>545-8am</u> SR II&III: Staples <u>6-815am</u> SR I: Staples 415-6pm	16 17 SR I: Hunt Club 545-8am SR II & III: Staples <u>6-815am</u> Those swimming Regionals—in H20 at 7	17 SR I: 7-930 @ Y SR II's NOT swimming Regional's—attend this practice. NO SR <u>II & III practice</u> Regionals
18 Regionals	19 Regional Swimmers OFF All swimmers at HC 545-8am	20 SR I: Hunt Club <u>545-8am</u> SR II&III: Staples <u>6-815am</u> SR I: Staples 415-6pm	21 SR I: Hunt Club 545-8am SR II & III: Staples 6-815am	22 SR I: Hunt Club 630-8am All Senior Champ Swimmers @ HC SR II & III: Staples 615-815 NO PM	23 SR I, II & III: Staples 615-815am Senior Champs	24 SR I, II & III @ Y 815-10am Senior Champs
25 Senior Champs	26 SR I, II & III: Staples <u>615-815am</u> Those that swam in SR Champs—OFF	27 SR I: Hunt Club <u>545-8am</u> SR II&III: Staples <u>6-815am</u> SR I: Staples 415-6pm	28	29 TBA	30 TBA Age Groups	31 TBA Age Groups