



MAY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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3	4 First Day of Season 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	5 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Parent Orientation 7:00	6 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Parent Orientation 7:00	7 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	8 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	9																																																																																				
10 <i>Mother's Day</i>	11 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	12 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	13 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	14 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	15 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	16																																																																																				
17	18 <i>Victoria Day</i> Holiday - No Practice Newsletter #1	19 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	20 6:00 - 7:30 PM Mini Meet Potluck and Awards Night	21 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	22 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	23																																																																																				
24	25 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Coach Swap Night #1	26 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	27 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	28 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	29 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Claesholm Distance Events	30 Claesholm																																																																																				
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7	8 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Orca Cup Event	9 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	10 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	11 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Senior Group Duel Meet	12 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Taber Distance Events	13 Taber																																																																																											
14	15 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Newsletter #3	16 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	17 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Orca Cup Event	18 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	19 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	20 Lethbridge																																																																																											
21 Father's Day Kids Of Steel	22 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	23 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching	24 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Coach Swap Night #2	25 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Orca Cup Event	26 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Med Hat Distance Events	27 Medicine Hat																																																																																											
28	29 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching Newsletter #4	30 6:00 - 7:30 PM Swimming 7:30-8:00 PM Dryland/Stretching																																																																																															
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JULY 2009

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			1 Canada Day Holiday - No Practice	2 Switch to Max Bell 7:30-8:30 AM Swimming 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	3 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	4																																																																																											
5	6 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	7 7:30-8:30 AM Swimming Orca Cup Event (Morning) 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	8 7:30-8:30 AM Swim or Polo 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Weiner Roast	9 7:30-8:30 AM Swimming 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	10 Summer Games Crowsnest Pass	11 Summer Games Crowsnest Pass																																																																																											
12	13 Start of Distance Week 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Newsletter #5	14 7:30-8:30 AM Swimming Distance Week 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	15 7:30-8:30 AM Swim or Polo Distance Week Team Pursuit* 6:30-7:00 PM Dryland/Stretching *Also Orca Cup Event	16 7:30-8:30 AM Swimming Distance Week 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	17 End of Distance Week 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Nanton Distance Events	18 Nanton																																																																																											
19	20 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	21 7:30-8:30 AM Swimming Orca Cup Event 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Coach Swap Night #3	22 7:30-8:30 AM Swim or Polo 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	23 7:30-8:30 AM Swimming 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Family Relay Night	24 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Fort Mac Distance Events	25 Fort Macleod																																																																																											
26	27 Final Orca Cup Event 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Newsletter #6	28 7:30-8:30 AM Swimming 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Water Polo Night	29 7:30-8:30 AM Swim or Polo 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Senior Group Duel Meet	30 7:30-8:30 AM Swimming Last Morning Practice 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	31 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching																																																																																												
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2	3 Heritage Day Holiday - No Practice	4 No More Mornings! 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	5 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Cardboard Boat Race	6 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	7 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	8 Regionals Lethbridge																																																																																				
9 Regionals Lethbridge	10 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	11 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching Windup and Awards Night	12 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	13 5:00 - 6:30 PM Swimming 6:30-7:00 PM Dryland/Stretching	14 No Practice Travel to Edmonton	15 Provincials Edmonton																																																																																				
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