

## JUNE 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 After-School Practice Middle/High Schools 3:30-4:30 Elementary 4:30-5:30	2 After-School Practice Middle/High Schools 3:30-4:30 Elementary 4:30-5:30	3 After-School Practice Middle/High Schools 3:30-4:30 Elementary 4:30-5:30	4 After-School Practice Middle/High Schools 3:30-4:30 Elementary 4:30-5:30	5 <b>MOCK MEET, GREET, &amp; EAT SOCIAL</b> Meet starts @ 4:30	6
7	8 <b>Morning Practice Begins</b>  <i>evening clinics</i>	9 <b>Morning Practice</b> <b>Parent Meeting @ 7:00PM</b> <i>evening clinics</i>	10 <b>Morning Practice</b>  <i>evening clinics</i>	11 <b>Morning Practice</b>	12 <b>Morning Practice</b>  <b>Sub Sale Forms Due</b>	13  <b>Away Meet @ Latshmere</b>
14	15 <b>Morning Practice</b>  <i>evening clinics</i>	16 <b>Morning Practice</b>  <i>evening clinics</i>	17 <b>Morning Practice</b>  <i>evening clinics</i>	18 <b>Morning Practice</b>	19 <b>Morning Practice</b>  <b>Invitational Forms Due</b>	20  <b>Away Meet @ Hershey</b>
21	22 <b>Morning Practice</b>  <i>evening clinics</i>	23 <b>Morning Practice</b>  <i>evening clinics</i>	24 <b>Morning Practice</b>  <i>evening clinics</i>	25 <b>Morning Practice</b>  <b>Sub Delivery</b>	26 <b>Morning Practice</b>	27  <b>Home Meet Vs. Annville-Cleona</b>
28 <i>Cuda Classic Invitational For 11 &amp; Older Swimmers @ CVHS</i>	29 <b>Morning Practice</b>  <b>HST Relay Invitational</b>	30 <b>NO Morning Practice</b>  <i>evening clinics</i>	- MOCK MEET WARM-UP TIMES: Middle/High Schools @ 3:30 Elementary @ 4:00 - Morning practice and evening clinic times will be assigned by the coaches and will be sent in the mail - Reminder: <i>Three</i> practices are required each week to compete in the meet for that week. Swimmers <b>MUST</b> let the coaches know <b>by Wednesday</b> of each week if they will or will not be at the meet.			

# JULY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Divisional Entry Forms are due NO LATER than Friday, July 10 <sup>th</sup> to Coach Julie. <b><u>LATE FORMS WILL NOT BE ACCEPTED!!!!</u></b>  Please follow all instructions on the form that will be handed out to swimmers at practice beginning July 1 <sup>st</sup> – they will NOT be located in the file box folders.			1  <b>Morning Practice</b>  <i>evening clinics</i>	2  <b>Morning Practice</b> 8:00 & 9:45 groups ONLY Home Meet Vs. Willowood	3  <b>NO Morning Practice</b>	4  <b>HAPPY 4<sup>TH</sup> OF JULY!!!!</b>
5	6  <b>Morning Practice</b>  <i>evening clinics</i>	7  <b>Morning Practice</b>  <i>Middletown Invitational</i>	8  <b>Morning Practice</b> <i>Devon Crest &amp; Willowood Invitationals</i>	9  <b>Morning Practice</b>	10  <b>Morning Practice</b>  <b>Divisional Entry Forms Due</b>	11  Away Meet @ Heatherfield
12  Team Late Night Swim 9:00 – 11:30PM	13  <b>Morning Practice</b>	14  <b>Morning Practice</b>	15  <b>Morning Practice</b>	16  <b>Morning Practice</b>	17  <b>Morning Practice</b>	18  Divisionals @ Hummelstown
19  All-Stars @ Annville-Cleona	<b>Practice for July 20<sup>th</sup> – 24<sup>th</sup> is for swimmers qualifying for Mid-Caps <u>ONLY</u></b>  <b>Practice times TBA</b>					25  Mid-Caps @ Hershey
26  Family Fun Relays & Banquet	27	28	29	30	31	