

Jennersville YMCA Barracudas Swim Team – April 2009 SPRING CONDITIONING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 Nat'l's 5:00-6:45 am Nat'l's 4:00-5:30 pm Minis 5:30 – 6:30 pm	14 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	15 Nat'l's 4:00-5:30 pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	16 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	17 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	18 Nat'l's 8:45-10:30 am Seniors 10:15-12:00 pm
19 CLINICS: 1-2 pm Minis 1:45-3 pm Age Group 2:45-4:00 Junior 3:45-5:00 Senior	20 Nat'l's 5:00-6:45 am Nat'l's 4:00-5:30 pm Minis 5:30 – 6:30 pm	21 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	22 Nat'l's 4:00-5:30 pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	23 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	24 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	25 Nat'l's 8:45-10:30 am Seniors 10:15-12:00 pm
26 NO PRACTICES	27 Nat'l's 5:00-6:45 am Nat'l's 4:00-5:30 pm Minis 5:30 – 6:30 pm	28 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	29 Nat'l's 4:00-5:30 pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	30 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm		

Jennersville YMCA Barracudas Swim Team – May 2009 www.sccybarracudas.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 MAY MAELSTROM USS LONG COURSE MEET AT F&M Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	2 MAY MAELSTROM USS LONG COURSE MEET AT F&M Nat'l/SR Practice 8:45-10:30
3 MAY MAELSTROM USS LONG COURSE CLINICS: 1-2 pm Minis 1:45-3 pm Age Group 2:45-4:00 Junior 3:45-5:00 Senior	4 Nat'ls 4:00-5:30 pm Minis 5:30 – 6:30 pm	5 Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	6 Nat's 4:00-5:30pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	7 Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	8 Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	9 Nat'ls 8:45-10:30 am Seniors 10:15-12:00 pm
10 NO PRACTICES	11 Nat'ls 4:00-5:30 pm Minis 5:30 – 6:30 pm	12 Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	13 Nat'ls 4:00-5:30 pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	14 Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	15 Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm SPRING FLING LONG COURSE MEET GCIT	16 SPRING FLING LONG COURSE MEET GCIT Nat'ls/SR Practice 8:45-10:30
17 SPRING FLING LONG COURSE MEET GCIT CLINICS: 1-2 pm Minis 1:45-3 pm Age Group 2:45-4:00 Junior 3:45-5:00 Senior	18 Nat'ls 4:00-5:30 pm Minis 5:30 – 6:30 pm	19 Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	20 Nat'ls 4:00-5:30 pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	21 Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	22 Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	23 NO PRACTICES MEMORIAL DAY
24 NO PRACTICES MEMORIAL DAY	25 NO PRACTICES MEMORIAL DAY	26 Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	27 Nat'ls 4:00-5:30 pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	28 Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	29 Nat'ls 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	30 Picnic/Parent's meeting 6-9pm Nat's 8:45-10:30a Seniors 10:15-12:00a

Jennersville YMCA Barracudas Swim Team -- June 2009 www.sccybarracudas.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 31 1-2 pm Minis 1:45-3 pm Age Group 2:45-4:00 Junior 3:45-5:00 Senior	1 Nat'l's 4:00-5:30 pm Minis 5:30 – 6:30 pm	2 Nat'l's 5:00-6:45 am Nat'l's 4:15-5:30 Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	3 Nat'l's 4:00-5:30 pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	4 Nat'l's 4:15-5:30 pm Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	5 Nat'l's 5:00-6:45 am Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	6 Nat'l's 8:45-10:30 Seniors 10:15-12:00
7 1-2 pm Minis 1:45-3 pm Age Group 2:45-4:00 Junior 3:45-5:00 Senior	8 Nat'l's 4:00-5:30 pm Minis 5:30 – 6:30 pm	9 Nat'l's 5:00-6:45 am Nat'l's 4:15-5:30 pm Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	10 Nat'l's 4:00-5:30 pm Seniors 5:15-6:30 pm Minis 5:30-6:30 pm	11 SUMMER STORM USS LONG COURSE@F&M Nat'l's 4:15-5:30 pm Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	12 SUMMER STORM USS LONG COURSE@F&M Nat'l's no practice Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	13 SUMMER STORM USS LONG COURSE@F&M SSL DUAL MEET @ HAC
14 1-2 pm Minis 1:45-3 pm Age Group 2:45-4:00 Junior 3:45-5:00 Senior	15 Nat'l's 5:00-6:45 am Nat'l's 4:00-5:30 pm Minis 5:30 – 6:30 pm	16 Nat'l's 5:00-6:45 am Nat'l's 4:15-5:30 pm Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	17 SSL DUAL MEET home vs Drummond Hill	18 Nat'l's 5:00-6:45 am Nat'l's 4:15-5:30 pm Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm Seniors 6:00-7:30 pm	19 Nat'l's no practice Juniors 3:45-5:15 pm Age Group 5:00-6:15 pm	20 SSL DUAL MEET – home vs skyline TEAM PHOTOS 7:30a (before w/u)
21 1-2 pm Minis 1:45-3 pm Age Group 2:45-4:00 Junior 3:45-5:00 Senior	22 FULL DAY SUMMER SCHEDULE BEGINS Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am NO PM practice (SPLASH program)	23 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am NO PM practice (SPLASH program)	24 Nat'l's 6:00-7:30am Seniors 7:15-9:00am SSL DUAL MEET – at Western Y	25 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30 am AG 8:15-9:30am Minis 8:15-9:30am NO PM practice (SPLASH program)	26 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am USS 12&U 4-5:45p USS 13&O 5:30-7:30	27 SSL DUAL MEET – at Westminster
28 STARS & STRIPES MEET AT PENN ACRES	29 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am USS 13&Over – 3:30-5:15p USS 12&Under-5:00-6:30p	30 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am Nat'l's 3:30-5p Age/Minis 4:45-5:45p JRs 5:30-7p SR 6:45-8p				

Jennersville YMCA Barracudas Swim Team - July 2009 www.sccybarracudas.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Nat'ls 6:00-7:30 am Seniors 7:15-9:00 am SSL DUAL MEET – home vs Persimmon	2 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30 AG 8:15-9:30 Minis 8:15-9:30 Nat'ls 3:30-5p SPLASH PARTY	3 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30 AG 8:15-9:30 Minis 8:15-9:30	4 fourth of july NO PRACTICE
5 NORTH STAR MINI MEET BOYS	6 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am USS 13&Over – 3:30-5:15p USS 12&Under-5:00-	7 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am Nat'ls 3:30-5p Age/Minis 4:45-5:45p JRs 5:30-7p SR 6:45-8p	8 Nat'ls 6:00-7:30am Seniors 7:15-9:00am SSL DUAL MEET – at Kennett	9 Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am Nat'ls 3:30-5p Age/Minis 4:45-5:45p JRs 5:30-7p SR 6:45-8p	10 LAC SPEEDO CLASSIC USS LONG COURSE MEET Nat'l's/SRS 5:45-7:30a JR 7:15-8:30am AG 8:15-9:30am Minis 8:15-9:30am	11 LAC SPEEDO CLASSIC USS LONG COURSE MEET SSL DUAL MEET – hone vs pike creek OLD TIMERS MEET
12 LAC SPEEDO CLASSIC USS LONG COURSE MEET TIME TRIALS 13&OVER @ SKYLINE 2:30 warm up	13 SSL PRACTICES TBD USS/Nat'ls practices TBD TIME TRIALS 11-12 @YORKLYN 4:20 warm up	14 SSL PRACTICES TBD USS/Nat'ls practices TBD TIME TRIALS 9&10 @ Crestmoor 4:20 warm up	15 SSL PRACTICES TBD USS/Nat'ls practices TBD TIME TRIALS 8 under @ Penn Acres 4:20 warm up	16 JO'S 14 UNDER USS LONG COURSE MEET SSL PRACTICS TBD USS/Nat'ls practices TBD SSL Time Trials Rain Date	17 JO'S 14 UNDER USS LONG COURSE MEET SSL PRACTICES TBD USS/Nat'ls practices TBD	18 JO'S 14 UNDER USS LONG COURSE MEET SSL CHAMPS - @ Western YMCA 7:30 warm up 9 am start JY SUMMER BANQUET
19 USS 3-5 pm	20 USS Nat 4-6:30p USS 13 over 4-6:30p USS 12 & under 4-6:30p	21 USS Nat 4-6:30p USS 13 over 4-6:30p USS 12 & under 4-6:30p	22 MA SENIOR CHAMPS USS LONG COURSE MEET USS 4-6:30p	23 MA SENIOR CHAMPS USS LONG COURSE MEET USS 4-6:30p	24 MA SENIOR CHAMPS USS LONG COURSE MEET USS 4-6:30p	25 MA SENIOR CHAMPS USS LONG COURSE MEET
26 Travel day to UMARYLAND	27	28 YMCA NATIONAL CHAMPS	29 YMCA NATIONAL CHAMPS	30 YMCA NATIONAL CHAMPS	31 YMCA NATIONAL CHAMPS	1

Jennersville YMCA Barracudas Swim Team – August 2009

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Wilmington Blue Rocks game
2	3	4	5	6	7	8
9	10	11	12	13	14 SPLASH party	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					