

## Blue Fins Swim Team Practice Schedule & Bulletin

### Monday June 2, 2008 – Saturday June 27, 2008

|         | MONDAY                             | TUESDAY                             | WEDNESDAY                            | THURSDAY                                 | FRIDAY                             | SATURDAY                                |
|---------|------------------------------------|-------------------------------------|--------------------------------------|--|------------------------------------|---|
|         | June 2                             | 3                                   | 4                                    | 5  | 6 – JEI                            | 7 – JEI                                 |
| AG1     | 4:45-6:00pm (WW)                   | <b>NO PRACTICE</b>                  | 4:45-6:00pm (WW)                     | <b>NO PRACTICE</b>                       | 4:45-6:00pm (WW)                   | <b>NO PRACTICE</b>                      |
| AG2     | 4:30-6:00pm (WW)                   | 4:30-6:00pm (WW)                    | <b>NO PRACTICE</b>                   | 4:30-6:00pm (WW)                         | 4:30-6:00pm (WW)                   | 6:15-8:00am (P)                         |
| AG3     | 4:00-6:15pm (WW)                   | 5:00-6:40am (P)<br>4:00-6:00pm (WW) | 4:00-6:15pm (WW)                     | 5:00-6:40am (P)<br>4:00-6:00pm (WW)      | 4:00-6:15pm (WW)                   | 5:45-8:00am (P)                         |
| SR/SR D | 3:30-6:15pm (WW)                   | 5:00-6:40am (P)<br>3:30-6:00pm (WW) | 5:00-6:40am (WW)<br>3:30-6:15pm (WW) | 5:00-6:40am (P)<br>3:30-6:00pm (WW)      | 3:30-6:15pm (WW)                   | 5:15-8:00am (P)                         |
|         | 9                                  | 10                                  | 11                                   | 12 – <b>School ends</b>                  | 13                                 | 14                                      |
| AG1     | 6:30-8:00pm (F)                    | <b>NO PRACTICE</b>                  | 6:30-8:00pm (F)                      | <b>NO PRACTICE</b>                       | 6:30-8:00pm (F)                    | <b>NO PRACTICE</b>                      |
| AG2     | 6:30-8:00pm (F)                    | <b>NO PRACTICE</b>                  | 6:30-8:00pm (F)                      | <b>NO PRACTICE</b>                       | 6:30-8:00pm (F)                    | 6:15-8:00am (P)                         |
| AG3     | 6:30-8:00pm (F)                    | 5:00-6:40am (P)<br>6:30-8:00pm (F)  | 6:30-8:00pm (F)                      | 5:00-6:40am (P)<br>6:30-8:00pm (F)       | 6:30-8:00pm (F)                    | 5:45-8:00am (P)                         |
| SR/SR D | 4:00-6:30pm (P)                    | 5:00-6:40am (P)<br>4:00-6:30pm (P)  | 4:00-6:30pm (P)                      | 5:00-6:40am (P)<br><b>NO PM PRACTICE</b> | <b>NO PRACTICE</b>                 | 5:15-8:15am (P)                         |
|         | 16                                 | 17                                  | 18                                   | 19                                       | 20 – <b>Irvine “AA”</b>            | 21 – <b>Irvine “AA” / WSST 12/U ABC</b> |
| AG1     | 6:30-8:00pm (F)                    | 5:30-7:00am (P) – optional          | 6:30-8:00pm (F)                      | <b>NO PRACTICE</b>                       | 6:30-8:00pm (F)                    | <b>NO PRACTICE</b>                      |
| AG2     | 6:30-8:00pm (F)                    | 5:00-7:00am (P)                     | 6:30-8:00pm (F)                      | 5:00-7:00am (P)                          | 6:30-8:00pm (F)                    | <b>NO PRACTICE</b>                      |
| AG3     | 5:00-7:00am (P)<br>6:30-8:00pm (F) | 5:00-7:00am (P)                     | 5:00-7:00am (P)<br>6:30-8:00pm (F)   | 5:00-7:00am (P)                          | 5:00-7:00am (P)<br>6:30-8:00pm (F) | 5:45-8:00am (P)                         |
| SR/SR D | 5:00-7:00am (P)<br>4:00-6:30pm (P) | 5:00-7:00am (P)<br>4:00-6:30pm (P)  | 5:00-7:00am (P)                      | 5:00-7:00am (P)<br>4:00-6:30pm (P)       | 5:00-7:00am (P)<br>4:00-6:30pm (P) | 5:15-8:15am (P)                         |
|         | 22                                 | 23                                  | 24                                   | 25                                       | 26                                 | 27                                      |
| AG1     | 6:30-8:00pm (F)                    | 5:30-7:00am (P) - optional          | 6:30-8:00pm (F)                      | <b>NO PRACTICE</b>                       | 6:30-8:00pm (F)                    | <b>NO PRACTICE</b>                      |
| AG2     | 6:30-8:00pm (F)                    | 5:00-7:00am (P)                     | 6:30-8:00pm (F)                      | 5:00-7:00am (P)                          | 6:30-8:00pm (F)                    | 6:15-8:00am (P)                         |
| AG3     | 5:00-7:00am (P)<br>6:30-8:00pm (F) | 5:00-7:00am (P)                     | 5:00-7:00am (P)<br>6:30-8:00pm (F)   | 5:00-7:00am (P)                          | 5:00-7:00am (P)<br>6:30-8:00pm (F) | 5:45-8:00am (P)                         |
| SR/SR D | 5:00-7:00am (P)<br>4:00-6:30pm (P) | 5:00-7:00am (P)<br>4:00-6:30pm (P)  | 5:00-7:00am (P)                      | 5:00-7:00am (P)<br>4:00-6:30pm (P)       | 5:00-7:00am (P)<br>4:00-6:30pm (P) | 5:15-8:15am (P)                         |

(P) – Poway Community Center Pool

(WW) – Westwood Club, RB

(F) – Frog’s Fitness, Carmel Mountain Ranch

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### Monday June 2, 2008 – Saturday June 27, 2008

**Meet Schedule (The 2008 Long Course schedule and Meet sheets (as available) are available on our website.)**

May 31 –

Jun 1: FAST “C” All-Ages (Fallbrook High School). This meet will be for our less experienced/newer swimmers.

Jun 5 – 8: Janet Evans Invitational (Southern California Swimming / USC). This will be the last Senior Meet before Olympic trials, held in the pool from the 1984 Olympic Games...expect this to be a crazy-fast meet. We will be staying on campus as in years past, qualified Senior swimmers let Coach Steve know your intentions no later than Monday, May 19<sup>th</sup>.

Jun 19 – 22: Southern California Swimming Summer Age Group Invitational (Irvine “AA”) (Wm Woollet, Jr. Aquatic Ctr, Irvine). This meet is open to swimmers with qualifying times. Email entry requests are due to Coach Steve no later than Friday, June 6<sup>th</sup>.

Jun 21 – 22: WSST 12 & Under A/B/C (La Jolla High School). This long course meet is open to all our swimmers aged 12 or younger. It will be the last long course meet for younger swimmers before Junior Olympics (I’m told they’ll be at UCSD like last year). Email entry requests will be due to your coaches no later than Monday, June 9<sup>th</sup>.

### **Miscellaneous**

- ❖ **2008 USA Swimming Registration** forms are available from the coaches or the LSC website (a link is on our site). All swimmers must have a current registration in order to continue swimming. There will be no exceptions to this policy. A reminder for all “new” swimmers – an original birth certificate or passport must accompany the registration form for the first year only (it will be returned to you).
- ❖ **Thank you all** for your patience during the recent weeks when we have not been able to use the Westwood Club pool. We should not have to move afternoon practices again until we near summer vacation for the Poway schools, that schedule will be forthcoming and will begin on June 6<sup>th</sup>.
- ❖ **Practice Note(s):**
  - **THERE WILL BE NO AG1 OR AG2** practice on Memorial Day, Monday, May 26<sup>th</sup>. Practice times and locations will be announced for AG3 and the Senior/Senior Development groups as soon as can be determined.
  - Please remember that we are guests at the Westwood Club. We’ve been away for several months now so remember to treat the Club staff with courtesy and let the personnel at the office know you’re with Blue Fins as you enter through the gate ... don’t just ignore them and walk through. As guests, we are expected to pick up after ourselves, leave the showers and locker areas clean (with all showers turned off), just like we will the pool deck.
  - Morning workouts –Morning practices are held on Tuesday and Thursday mornings at the Poway pool. These long course workouts are mandatory for the Senior groups and strongly recommended for AG3. Remember, there REALLY is no substitute for long course training. Wednesday morning practice for the senior groups is held at the Westwood Club pool (this practice is not for AG3 swimmers).
- ❖ **Practice Start / Finish Times:** The starting times listed for practices are the starting times. We realize that there circumstances (such as late school end times or unusually bad traffic) which may make timely arrival difficult or impossible, allowances will be made for such cases. Please ensure swimmers are ready to go on time. **Swimmers are to be picked-up within 15 minutes of practice ending – please let the coaches go home on time!**