

The Knolls Tsunami 2011 Swim Team Calendar
Parent Meeting May 2nd 7:00 pm @ Clubhouse Rev. 6/13/11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 May NO PRACTICE	17 DRY LAND	18 Afternoon practice	19 Afternoon practice	20 Afternoon practice	21 NO MEET
Schedule for first week: 11& uns 4:15- 5:00 10 & unders 5:00-5:45 *(NO RIPPLES this week)					
23 AM Practices start PM makeup practices Mon–Thurs this week if still in school. Sign up at clubhouse	24 Morning Practice/ 5pm Practice for swimmers still in school (not ripples)	25 Morning Practice/ 5pm Practice for swimmers still in school (not ripples)	26 Morning Practice/ 5pm Practice for swimmers still in school (not ripples)	27 Morning Practice	28 NO MEET
May 30 Memorial Day – NO PRACTICE	31 Morning Practice Sign Out today if you'll be gone for Saturday's meet.	June 1 Morning Practice	2 Morning Practice Stroke Clinic 10am: 11&up 10:30am: 10&under STARTS/TURNS NO RIPPLES	3 Morning Practice "MEET PREP" Spaghetti kick off Dinner 6pm	4 Home Meet vs. Heritage Green Warm-up at 6:45am
6 Morning Practice	7 Morning Practice Sign Out today if you'll be gone for Saturday's meet.	8 Pancake breakfast/Photo Day @ 8am 8 & under party eve	9 Morning Practice Stroke Clinic 10am: 11 & up 10:30am: 10&under BACKSTROKE NO RIPPLES	10 Morning Practice	11 Away Meet at Preserve Warm-up at 7:15am
13 Morning Practice	14 Morning Practice Sign Out today if you'll be gone for Saturday's meet.	15 Morning Practice	16 Morning Practice Stroke Clinic 10am: 11 & up 10:30am: 10&under BREAST/FLY NO RIPPLES 13th& up party 7:30	17 Morning Practice	18 Away Meet at Cherry Knolls Warm-up at 7:15am
20 Morning Practice 9-10 & 11-12 combined party eve.	21 Morning Practice Sign Out today if you'll be gone for Saturday's meet.	22 Morning Practice Pizza Party@ 6pm	23 Morning Practice Prelim Entries Due From Swimmers to Coaches	24 Morning Practice	25 Away Meet at Willow Creek II Warm-up at 7:15am
27 Morning Practice	28 Morning Practice	29 Water World! 9am	30 Morning Practice	July 1 Morning Practice	2 NO Meet 4th of July
4 July 4th NO PRACTICE	5 Morning Practice Sign Out today if you'll be gone for Saturday's meet.	6 Morning Practice Last day for Ripples practice on July 7th	7 Morning Practice	8 Morning Practice	9 Home Meet vs. Forest Park Warm-up at 6:45am
11 8 & Under Prelim Ben Franklin 8am practice** (**see below)	12 13& Up Prelim Cherry Creek Vista 8am practice**	13 9-10 Prelim Homestead 8am practice**	14 11&12 Prelim Heritage Greens 8am practice**	15 (Prelim Make up) Practice for all qualifiers @ 9am! Finals Qualifier Dinner @ 6pm	16 Finals!! Stonagate Awards Banquet for all @ 7pm

Practice Times: 11 years and older: 8–9 am PLUS Dry land Training 9–9:30 am Mondays & Wednesdays.

7- 10 years: 9–9:45 am.

6 and Unders AND Ripples 10 -10:30 am.

We expect all swimmers except Ripples to attend the 3 Stroke Clinics including 6 and unders (but not Ripples).

****Guidelines for practice during Prelims:** There will be one practice starting at 8 – 9 am on Friday. Attend if you have not yet had your age level prelim or if you qualified for finals (Individual Event or Relay)