

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>4-5pm PC Michener 445-6pm—Ia & IIa—RCO 545-7pm—Ib&IIb—RCO 645pm-8:30pm Squad III & IV</p>	<p>2</p> <p>5:45am-7am All Comp. Groups TECH DAY—BREAST 415pm-530pm - I RCI 515-630pm—II RCI 415pm-630pm III</p>	<p>3</p> <p>4-5pm PC Michener 445-6pm—Ia & IIa RCO 545-7pm—Ib & IIbRCO 645pm-8:30pm Squad III & IV Michener</p>	<p>4</p> <p>5:45am-7am All Groups Michener 445-7pm—IV—RCO</p>	<p>5</p> <p>Marlin Tri-Meet 930am-3pm</p>
6	<p>7</p> <p>5:45am-7am All Groups Michener 415pm-530pm - I RCI 515-630pm—II RCI 415-630pm—IV—RCI</p>	<p>8</p> <p>4-5pm PC Michener 445-6pm—Ia & IIa—RCO 545-7pm—Ib&IIb—RCO 645pm-8:30pm Squad III- IV Michener</p>	<p>9</p> <p>5:45am-7am All Comp. Groups Michener TECH DAY—STARTS 415pm-530pm - I RCI 515-630pm—II RCI 415pm-630pm III</p>	<p>10</p> <p>4-5pm PC Michener 445-6pm—Ia & IIa RCO 545-7pm—Ib&IIbRCO 645pm-8:30pm Squad II I & IV Michener</p>	<p>11</p> <p>5:45am-7am All Groups Michener No afternoon swim Freeze or Fry</p>	<p>12</p> <p>Brittney gone Summer Games Tri- als—Red Deer</p>
13 Wetaskiwin Swim Meet	<p>14</p> <p>5:45am-7am All Groups Michener 415pm-530pm - I RCI 415-600pm—II RCI 415-630pm III-IV</p>	<p>15 Michener</p> <p>515pm-630pm PC & Ia 6:15-730pm Ib 515-700pm II 6:45pm-8:30pm III & IV</p>	<p>16</p> <p>5:45am-7am All Comp. Groups Michener 415pm-530pm - I RCI 415-6pm—II RCI 415pm-630pm III-IV</p>	<p>17 Michener</p> <p>515pm-630pm PC & Ia 6:15-730pm Ib 515-700pm II 6:45pm-8:30pm III & IV</p>	<p>18</p> <p>5:45am-7am All Groups Michener 445-7pm—II- IV Rec Center Outdoor**</p>	<p>19</p> <p>Lacombe Swim Meet</p>
20 Lacombe Swim Meet Newsletter deadline Assessment Week	<p>21</p> <p>5:45am-7am All Groups Michener 415pm-530pm - I RCI 415-6pm—II RCI 415-630pm III—IV</p>	<p>22 Michener</p> <p>515pm-630pm PC & Ia 6:15-730pm Ib 515-700pm II 6:45pm-8:30pm III & IV</p>	<p>23</p> <p>5:45am-7am All Comp. Groups Michener 415pm-530pm - I RCI 415-6pm—II RCI 415pm-630pm III-IV</p>	<p>24 Michener</p> <p>515pm-630pm PC & Ia 6:15-730pm Ib 515-700pm II 6:45pm-8:30pm III & IV</p>	<p>25</p> <p>5:45am-7am All Groups Michener 445-7pm—All Squads **Picture Day** Rec Center Outdoor</p>	<p>26</p> <p>Woody's Triathlon— Kids of Steel</p>
27	<p>28</p> <p>5:45am-7am All Groups Michener 415pm-530pm - I RCI 415-6pm—II RCI 415-630pm—III-IV</p>	<p>29 Michener</p> <p>515pm-630pm PC & Ia 6:15-730pm Ib 515-700pm II 6:45pm-8:30pm III & IV</p>	<p>30</p> <p>5:45am-7am All Comp. Groups Michener 415pm-530pm - I RCI 415-6pm—II RCI 415pm-630pm III-IV</p>			

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CANADA DAY No Swimming	2 845am-1030am All Comp Groups RCO Innisfail Swim Meet	3 Innisfail Swim Meet Brittney gone
4 Brittney gone	5 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	6 845am-1030am All Comp Groups RCO 445-7pm PC & Ia Bring a parent to practice Day Team Social Michener *	7 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	8 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	9 845am-1030am All Comp Groups RCO	10 Wainwright Swim Meet
11 Wainwright Swim Meet Hayley gone Jul12-17	12 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	13 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	14 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	15 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener **	16 845am-1030am All Comp Groups RCO	17 Ponoka Swim Meet Huma Swim Meet
18 Assessment Week Summer Games July 18-24th	19 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener Newsletter deadline	20 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	21 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	22 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener ***	23 845am-1030am All Comp Groups RCO	24 Forestburg Swim Meet
25	26 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	27 845am-1030am All Comp Groups RCO 445-7pm Endurance Swim II All Groups *****	28 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	29 845am-1030am All Comp Groups RCO 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm-Ib Michener	30 845am-1030am All Comp Groups RCO	31 Weekend OFF

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Assessment Week	2 NO SWIMMING	3 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm—Ib Michener *	4 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm—Ib Michener	5 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm—Ib Michener **	6 845am-1030 All Groups—RCO FUN Day!! Spaghetti Breakfast	7 Regionals Provost
8 Regionals Provost	9 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm—Ib Michener	10 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm—Ib Michener ***	11 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm—Ib Michener	12 445-6pm PC & Ia 445-7pm Squad III & IV 515-7pm Squad II 545-7pm—Ib Michener ****	13	14 Provincials Edmonton
15 Provincials Edmonton	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				