




2009 Yorktown Swimming & Diving Team

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 28 Congratulations Class of 2009!!!  Shrub Oak Pool: 245-4114 Pay Phone: 962-9222 Web site for info: (Directions @ nwsc.usswim.net)	June 29 Regular Practice 7:00 - 8:30 Diving practice 9:30-10:30 New Swimmer Tryouts Parent's Meeting with Coach after swimmer evaluation	June 30 Regular Practice: 7:00-8:30 Diving Practice 8:00-9:30 (12&up practice) 9:30-10:30 (11&under practice)	July 1 Regular Practice Chappaqua Invitational Away Meet 4:30 Warm Up 5:00 Start	July 2 Regular Practice SWIM TEAM PHOTO DAY Divers Photo At: 8:00AM Swim Team Photo At: 8:30AM <u>Prices:</u> <u>Team Only Photo \$16.00</u> <u>Team & 2 5x7 \$31.00</u> (Wear Team Suit, if possible.)	July 3 Regular Practice Please sign up to donate goods for the concession stand.	July 4  No Practice
July 5 No Practice Uniform Questions: 1-800-526-8788 Metro Swim Shop This year's suit- The sparkler	July 6 Regular Practice Home Meet "B" Swim Meet 4:30 Warm-Up 5:00 Start Check with coach if entered in an "A" Meet	July 7 Regular Practice HOME MEET "A" Swim Meet vs Birchwood Good Luck! Divers: 4:30 PM warm up Swimmers: 5:00PM warm up Meet Starts @ 5:30PM (Volunteers needed)	July 8 Regular Practice B Home Dive Meet Come and cheer for the divers! 4:30 warm-up 5:00 Start	July 9 Regular Practice Dates/Times may change! Please check for updates!	July 10 Regular Practice Please sign up to donate goods for the concession stand. Check with coach if entered in 'A' Meet	July 11
July 12 No Practice See Andrew or Beth about entering Counties. There are standards and cut times There are also fees.	July 13 Regular Practice Away Meet "B" Swim Meet 4:30 Warm-Up 5:00 Start (Directions @ nwsc.usswim.net)	July 14 Regular Practice Away Meet "A" Swim Meet vs Willowbrook Good Luck! Divers: 4:30 PM warm up Swimmers: 5:00PM warm up Meet Starts @ 5:30PM (Directions @ nwsc.usswim.net)	July 15 Regular Practice "B" Dive Meet AWAY 4:30 Warm-Up 5:00 Start (Directions @ nwsc.usswim.net)	July 16 Regular Practice HOME MEET "A" Swim Meet vs Pleasantville Good Luck! Divers: 4:30 PM warm up Swimmers: 5:00PM warm up Meet Starts @ 5:30PM (Volunteers needed)	July 17 Regular Practice No Practice	July 18
July 19 No Practice Please sign up to donate goods for the concession stand. See Beth regarding County Diving Championships 7/28 and 7/29	July 20 Regular Practice Away Meet "B" Swim Meet 4:30 Warm-Up 5:00 Start (Directions @ nwsc.usswim.net)	July 21 Regular Practice Away Meet "A" Meet vs ALE Good Luck! Divers 4:30 warm-up Swimmers 5:00 warm-up Meet Starts @ 5:30PM (Volunteers needed) (Directions @ nwsc.usswim.net)	July 22 Regular Practice	July 23 Regular Practice Willowbrook Invitational Away meet 4:30 warm-up 5:00 Start	July 24 Regular Practice	July 25 Home Meet "A" SWIM MEET vs Chappaqua Divers: 8:00AM Warm-up Swimmers: 8:30AM Warm-up Meet Starts @ 9:00AM (Directions @ nwsc.usswim.net)
July 26 No Practice	July 27 Regular Practice "Counties" Diving Championships at Sprain Ridge (10-13 age group) 12:00 warm-up/ 2pm start	July 28 Regular Practice "Counties" Diving Championships At Sprain Ridge (14-17 age group) 12:00 warm-up/ 2pm start	July 29 No Practice TEAM BREAKFAST Downey Park - 9:00 AM (Volunteers Needed) Division I Diving Championships Chappaqua Warm up: 5:00 PM / Start: 5:45 PM	July 30 Regular Practice NWSC DIVING ALL-STARs at POCANTICO Warm up: 5:00PM / Start: 5:45PM Good Luck All-Stars!! (Directions @ nwsc.usswim.net)	July 31 Regular Practice Please sign up to donate goods for the concession stand.	August 1 Div. I Swimming Championships At ALE WARM UP: 8:30AM START: 9:00AM GOOD LUCK!! SWIM FAST!! 
August 2 NWSC SWIMMING ALL-STARs At Briarcliff Warm up: 8:30 AM / Start: 9:00 Good Luck All-Stars!!	August 3 Championships @ PLAYLAND Warm up: 4:00PM / Start: 4:30PM "Counties" There are 'CUT TIMES' Must be registered - see Andrew	August 4 Championships @ PLAYLAND Warm up: 4:00PM / Start: 4:30PM "Counties"	August 5 Championships @ PLAYLAND Warm up: 4:00PM / Start: 4:30PM "Counties"	August 6 Championships @ PLAYLAND Warm up: 4:00PM / Start: 4:30PM "Counties"	August 7 Rain Date for Counties ALL DONE!!! See You Next Year!	