

CLH CUDAS

SCHEDULE

Pre-Summer Practice		Summer Practice		Swim Practice Rules
<i>Age Group</i>	<i>Start/Finish</i>	<i>Age Group</i>	<i>Start/Finish</i>	
6 & under	4:30 - 5:00	11 & up	8:00 - 9:00	All practices at the CLH pool All children 8 & under must have a designated adult at the practice <u>What To Bring for Practice</u> Towel, goggles, swim cap, a great attitude and smile!!!!
7 - 8	5:00 - 5:45	7 - 8	9:00 - 9:45	
9-10	5:45 - 6:30	6 & under	9:45 - 10:15	
11 & up	6:30 - 7:15	9 - 10	10:15 - 11:00	
		Stroke and turn begins every Tue. & Thurs. after school lets out from 6:00 - 7:00 p.m.		

2009 MEET SCHEDULE

May 9th	CLH Practice meet at CLH
May 16th	vs. Ponderosa (at CLH)
May 23rd	vs. Birnamwood/Fairfax (Away)
May 30th	vs. Londonderry (Away)
June 6th	vs. Timberlane (at CLH)
June 13th	vs. Lexington Woods (Away)
June 20th	DIVISIONALS (at CLH)
June 27th & 28th	INVITATIONAL MEETS (TBD)

NOTE: All meets start promptly at 8:30

PICTURE DAY : TBD



Swim Meet Check List

- *Get a good nights Rest
 - *Arrive at 6:45 for all home meets and 7:15 for all away meets
 - *Don't forget to check in upon arrival
 - *Must be checked in at arrival or you will not be able to swim in that meet
 - *Wear you Cuda suit and a swim cap
- What to Bring**
 2 towels per swimmer, goggles, swim cap, healthy snacks and drinks, money for concessions and heat sheet, sunscreen, chairs, games, toys, books, and GREAT ATTITUDE!!!!