

CLH CUDAS

2010 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	4:15 - 4:45	11 & up	8:00 - 9:00	<i>All practices at the CLH pool</i>
7 - 8	4:45 - 5:30	7 - 8	9:00 - 9:45	<i>All children 8 & under must have a designated adult at the practice</i>
9-10	5:30 - 6:15	6 & under	9:45 - 10:15	<u>What To Bring for Practice</u>
11 & up	6:15 - 7:00	9 - 10	10:15 - 11:00	<i>Towel, goggles, swim cap, a great attitude and smile!!!!</i>
		<i>Stroke and turn begins every Tue. & Thurs. after school lets out from 6:00 - 7:00 p.m.</i>		

2010 MEET SCHEDULE

May 8th	CLH Practice meet at CLH 8:00 AM
May 15th	vs. Ponderosa (at CLH)
May 22rd	vs. Birnam Woods (Away)
May 29th	vs. Bridgestone (Away)
June 5th	vs. Lexington Woods (at CLH)
June 12th	vs. Westador (at CLH)
June 19th	DIVISIONALS (at Westadore)
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!!!!