

Ernestown Barracuda Swim Club

December 2009

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

	1	2	3	4	5	6
			Youth Cup - Etobicoke			
						KBM Meet Warm-ups 8am
7	8 No Morning Practice	9	10	11	12	13
14	The Barracuda Holiday Training Schedule will be put into swimmers mail boxes mid December					
	Distance Time Trial Warm-ups 4-4:45pm		Team Picture 4pm			
21	22	23 <div style="border: 1px solid black; padding: 5px; text-align: center;"> EBSC Skating Party 3-4pm </div>	24	25 Merry Christmas 	26	27
28	29	30	31 New Years Eve	Happy New Year		

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EOSA Qualifying Standards

- 10 and under boys must meet the prerequisites in 100 IM and 200 free.
- All other 12 and under swimmers must meet the prerequisites in the 200 free and 200 IM.
- 13 and over swimmers must achieve the prerequisites in the 400 free and 200IM.
- Once the free and IM standards are met, a swimmer can enter any six events in the meet.

EOSA	200 Free	400 Free	200 IM
Girls 10/under	3:25.21		3:49.46
Girls 11	3:02.56		3:26.00
Girls 12	2:51.00		3:13.57
Girls 13		5:45.17	3:07.66
Girls 14		5:28.52	3:01.88
Girls 15/over		5:23.36	2:58.15

	200 Free	400 Free	200 IM
Boys 10/under	3:27.09		100 IM 1:57.85
Boys 11	3:03.23		3:30.23
Boys 12	2:50.32		3:12.76
Boys 13		5:42.17	3:02.59
Boys 14		5:28.52	2:55.26
Boys 15/over		5:23.36	2:52.09

Coaches Corner

Barrie Meet 3 Stars

- ☆ Andie Rose Ledoux
- ☆ Vanessa Gervais
- ☆ Carolyn Poucher

EBSC Meet 3 Stars

- ☆ Jesse Thomas
- ☆ Courtney Buchanan
- ☆ Sara Daigle

Barracuda Distance Time Trial

Tuesday December 15th 4-7pm

Warm-ups 4-4:45pm

Details will be posted on the pool bulletin board

Barracuda Christmas Skating Party

Wednesday December 23rd 3-4pm

W. J. Henderson Arena

- All Barracuda and Junior Barracuda swimmers and their family members are invited.
- Bring your hockey stick in case a friendly game of hockey breaks out.



Barracuda Team Picture

Thursday December 17th 4pm on the pool deck



- individual pictures will follow the group shot
- Please wear your black racing suit

Meets/Events

Date	Meet/Event	Location	Type	Qualifying Times
Dec. 3-6, 2009	Youth Cup	Etobicoke	Age Group / Senior	Yes
6	Invitational	Kingston	Age Group	No
17	Team Picture	Pool Deck		
Jan. 10, 2010	Ice Breaker Meet	Base Kingston Pool	Age Group	No
15-17	Ontario Cup	University of Toronto	Senior	Yes
30	EBSC Meet	Here	Age Group / Senior	No
Feb. 12, 13, 14	EOSA SC Champs	Nepean	Age Group / Senior	Yes
18-21	Eastern Champs	Gatineau QC	Senior	Yes
25-28	SC Junior Provincials	Etobicoke	Age Group	Yes
27-28	Short Course Fanale	Kingston	Age Group	No
No Meets in March				
April 1-4	Spring Nationals	Montreal	National	Yes
16-18	Team Champs	Brantford	Maximum 30 Swimmers	
May 7-9	Festival of Spring	Nepean	Age Group / Senior	Yes
23	GO Meet	University of Ottawa	13 / over swimmers	No
28-30	Ontario Senior Champs	London	Senior	Yes
30	SC Last Chance Meet	Base Kingston Pool	Age Group	No
June 4-6	EOSA LC Champs	Nepean	Age Group / Senior	Yes
July 1-4	LC Junior Provincials	Nepean	Age Group	Yes
22-25	Age Group Nationals	Winnipeg	Age Group	Yes
28-31	Senior Nationals	Victoria	National	Yes

Gold, Platinum and Age Group 1 Swimmers will be invited to all meets that have no qualifying times