

# Ernestown Barracuda Swim Club

## February 2010

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

1	2	3	4	5	6	7
<p><b>Nutrition Tip:</b>          Good nutrition does not guarantee a good performance, but poor nutrition does guarantee a poor performance</p>						
8	9	10	11	12	13	14
				<p><b>EOSA S. C. Champs - Nepean</b></p>		
				Friday Practice Cancelled	Regular Saturday Practice	Sunday Practice Cancelled
15	16	17	18	19	20	21
Family Day			<p><b>Eastern Nationals - Nepean</b></p>			
No Practice					Loyalist Township Brochure Delivery	
22	23	24	25	26	27	28
			<p><b>Junior Provincials - Etobicoke</b></p>			
					<p><b>KBM Meet</b></p>	
March 1	March 2	March 3	March 4	March 5	March 6	March 7
<p><b>BARRACUDA SPRIT WEEK</b></p>						
Musical Monday	Tacky Tuesday	Wrong Way Wednesday	Ugly Bathing Suit Day	T-shirt Day		
						

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## February 2010

### EOSA Short Course Champs February 12 - 14, 2010 Nepean Sportsplex

#### Warm-ups:

Friday Feb. 12	9-10am	13/over
	1:15-2pm	12/under
	5:30-6:30pm	13/over Finals
Saturday Feb. 13	8-9am	13/over
	12:30-1:15pm	12/under
	5-6pm	13/over Finals
Sunday Feb. 14	8-9am	13/over
	12:30-1:15pm	12/under
	5-6pm	13/over Finals

### KBM Short Course Finale February 27, 28 Artillery Park Pool 76 Ordnance Street, Kingston

#### Warm-ups:

Saturday Feb. 27	8:30-9:30am	12/under
	1-2pm	13/over
Sunday Feb. 28	8:30-9:30am	12/under
	1-2pm	13/over

### Eastern Canadian Championships February 18-21, 2010 Nepean Sportsplex

Good luck to Hannah Sutherland, Laura Perry, Amanda McCormack, Allie Duff and Stef Ruksys; who will be competing against some of the best swimmers in Canada.

### Coaches Corner

#### Sharks Meet 3 Stars

- ☆ Katrina Lott
- ☆ Madison Halligan
- ☆ Sophia Smith

#### EBSC Meet 3 Stars

- ☆ Megan Dowling
- ☆ Savannah Thibeault
- ☆ Tina Cai

### Club Records Set in December

- Congratulations to Stef Ruksys for setting new club records in the Senior Men's 400 and 1500 free at the Ontario Cup meet in Toronto.

### Swimmers Changing Groups:

- The following swimmers have achieved the standards to move to the next training group. Congratulations to Ryan Hu and Megan Dowling.

### EBSC January 30<sup>th</sup> Meet

- Another great EBSC Meet. Thank you to all the meet organizers, officials and volunteers.

### 2010 Ontario Team Championship Qualifiers

Brantford - April 16-18, 2010

The following swimmers have pre-qualified for the 2010 Team Championships to be held in Brantford. Ryan Coens, Allie Duff, Amanda McCormack, Hannah Sutherland, Martin Blostein, Stef Ruksys, Laura Perry, Kristin Buchanan, Samantha Searle, Brianna Coens, Emanuelle Delaney and Vanessa Gervais

To pre-qualify, a swimmer must swim a time equal to or faster than an eight place time from the 2010 championships. Maximum team size is 30 swimmers. The full team will be selected within the next few weeks.

### Meets/Events

Date	Meet/Event	Location	Type	Qualifying Times
Feb. 12, 13, 14	EOSA SC Champs	Nepean	Age Group / Senior	Yes
18-21	Eastern Champs	Nepean	Senior	Yes
25-28	SC Junior Provincials	Etobicoke	Age Group	Yes
27-28	Short Course Finale	Kingston	Age Group	No
<b>No Meets in March</b>				
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	Age Group	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**