


Ernestown Barracuda Swim Club

June 2010

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

	1 Last Practice for Junior Barracudas EBSC AGM	2	3	4	5	6
				EOSA LC Champs - Nepean		
				No Practices		
7 Barracuda Baseball Game Pizza 5-7pm No Practice	8 Barracuda Awards Banquet 6pm Start No Practice	9	10 Last Practice For Gold & Platinum	11	12	13
14 Last Practice for Age Group 1	15	16 Last Practice for Age Group 2	17	18	19	20
21	22	23	24	25	26	27
Summer Practice Schedule - will be put in swimmers mail boxes						
28	29	30	July 1 Canada Day	July 2	July 3	July 4
				Junior LC Provincials - Nepean		



Ernestown Barracuda Swim Club

June 2010

EOSA Long Course Champs June 4, 5, 6, 2010 Nepean Sportsplex

Day	Session	Age Group	Warm-up	Warm-up
Friday	1	13 & over	9-10am	Prelims
Friday	2	12 & under	1:15-2pm	Time Finals
Friday	3	Finals	5:30-6:30pm	Finals
Saturday	4	13 & over	8-9am	Prelims
Saturday	5	12 & under	12:30-1:15pm	Time Finals
Saturday	6	Finals	5-6pm	Finals
Sunday	7	13 & over	8-9am	Prelims
Sunday	8	12 & under	12:30-1:15pm	Time Finals
Sunday	9	Finals	5-6pm	Finals

EBSC Annual General Meeting
Tuesday June 1, 2010 7:30pm
Lancaster Public School

Barracuda Awards Banquet
Tuesday June 8th
Edith Rankin Church
6pm Start

“Swimmers” get your acts together. We would like to see skits, dancing, singing and fun stuff. Start practicing now for the talent show at the banquet.

Once you have your act organized, please talk to **Kiristin Buchanan** or e-mail Kristin buchanankl@sympatico.ca



**BRING YOUR CELL PHONE
TO THE BANQUET
AND YOU COULD BE A
WINNER**

Coaches Corner

Festival of Spring Stars Sharks Meet Stars

- | | |
|-------------------|--------------------|
| ☆ Carolyn Poucher | ☆ Sierra Bonsall |
| ☆ Megan Dowling- | ☆ Danae Morris |
| ☆ Jesse Thomas- | ☆ Madison Halligan |
| | ☆ Lexiana MacLean |

Club Records Set in May

- Stef Ruksys senior boys 400 & 800 LC free.
- Congratulations to Jesse Thomas for qualifying for Junior Provincials
- Congratulations to Amanda McCormack and Hannah Sutherland for being selected to the Ontario Summer Games Team; and to Alison Doherty who will be a coach for the team

Swimmers Changing Groups:

- Courtney Buchanan has moved to the Senior Group, Sarah Rebec, James Xie and Danae Morris have moved to Age Group 3 and Sierra Bonsall has achieved the standard for Age Group 1

Show Up and Swim

For the month of July all Barracuda Swimmers are welcome to practice every Monday from 8-9am

New

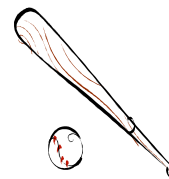
Annual Barracuda Ball Game / Pizza

Date: Monday June 8th 5-7pm

Behind Recreation Centre

Rules:

- Each team pitches to own team
- Three pitches per batter
- No leading
- No stealing bases
- 3 innings per game
- Each team goes through entire line-up per inning



Loyalist Kids of Steel Triathlon

Date: Saturday July 10, 2010

Location: W. J. Henderson Rec. Centre

Start Time: 8:45am

Register online: www.loyalistkostri.ca

Meets/Events

Date	Meet/Event	Location	Type	Qualifying Times
June 1	EBSC AGM	Lancaster Public School		
4-6	EOSA LC Champs	Nepean	Age Group / Senior	Yes
7	Ball Game / Pizza Party	Behind the Recreation Centre		
8	Awards Banquet	Edith Rankin Church		
July 1-4	LC Junior Provincials	Nepean	Age Group	Yes
10	Kids of Steel Triathlon	W. J. Henderson Rec. Pool		
22-25	Age Group Nationals	Winnipeg	Age Group	Yes
28-31	Senior Nationals	Victoria	National	Yes
August 9-15	Ontario Summer Games	Sudbury	Provincial	Selection