

Ernestown Barracuda Swim Club

March 2010

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

1	2 <div style="border: 1px solid blue; padding: 5px; width: fit-content; margin: auto;">Morning Free March No Tuesday Morning Practices during the month of March</div>	3	4	5	6	7
8	9 Junior Barracuda Fun Meet	10	11	12	13	14
15	<div style="border: 1px solid blue; padding: 5px; width: 80%; margin: auto;">MARCH BREAK</div>			19	20	21
<div style="border: 1px solid blue; padding: 5px; width: 60%; margin: auto;"><i>Regular Practices Monday to Thursday</i></div>				<div style="border: 1px solid blue; padding: 5px; width: 60%; margin: auto;"><i>Barracuda Weekend Break No Practices (Fri/Sat/Sun)</i></div>		
22	23 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Swim - a - thon 2010</div> 4-5:30pm Gold (100 lengths) <i>No Tuesday Practice for Platinum</i> Regular Thursday practice for other AG 3 & Senior	24 5-6:30pm AG 3 / Senior No Practice For AG 2	25 4-6pm Platinum Age Groups 1, 2 No Practice For Gold AG 3 / Senior	26 Chocolate Sales Continue.	27	28
29	30	31	April 1	April 2	April 3	April 4
<div style="border: 1px solid blue; padding: 5px; width: 80%; margin: auto;">Pan Pacific Trials - Montreal</div>				Good Friday No Practice	Regular Saturday Practice	Easter Sunday No Practice

Ernestown Barracuda Swim Club

March 2010

Swim-a-thon 2010

- | Day | Date | Time | Group |
|--------------|-------------------|-----------------|--|
| Tues. | March 23rd | 4-5:30pm | Gold (100 lengths) |
| | | | <ul style="list-style-type: none"> • No Tuesday practice for platinum • Regular Tuesday practice for Age Group 3 & Senior |
| Wed. | March 24th | 5-6:30pm | Age Group 3 & Senior |
| | | | <ul style="list-style-type: none"> • No Wednesday practice for Age Group 2 |
| Thur. | March 25th | 4-6pm | Platinum, Age Group 1 & 2 |
| | | | <ul style="list-style-type: none"> • No Practice for Gold, Age Group 3 & Senior • please bring someone to count your lengths • sheets to record lengths will be provided • please bring your sponsor sheets to the pool on the night that you swim • refreshments will be provided • if you are unable to make you scheduled time, please talk to your coach |

Coaches Corner

- | EOSA SC Champs 3 Stars | KBM Meet 3 Stars |
|------------------------|--------------------|
| ☆ Brianna Coens | ☆ Jaycee Farmer |
| ☆ Abby Sutherland | ☆ Madison Edgar |
| ☆ Sarah Rebec | ☆ Madison Halligan |

Club Records Set in December

- Amanda McCormack 400 and 800 free for girls 13/14
- Stef Ruksys 400, 800, 1500 free for senior boys

Swimmers Changing Groups:

- The following swimmers have achieved the standards to move to the next training group.
- Congratulations to Chad Coleman, Tina Cai, Abby Sutherland, Jaycee Farmer, Sara Daigle, Madison Edgar and Ashley Pascoal.

March Break Practices

- Regular practices from March 15-18

Barracuda Weekend Break

- No practices on the weekend of March 19-21

Easter Weekend Practice Schedule

- | | |
|--------------------|------------------|
| Friday April 2nd | No Practice |
| Saturday April 3rd | Regular Practice |
| Sunday April 4th | No Practice |

ANY AWARD WINNER FROM LAST YEAR'S BANQUET IS ASKED TO RETURN THE LARGE TROPHY.

Meets/Events

Date	Meet/Event	Location	Type	Qualifying Times	
	No Meets in March				
April	1-3, 2010	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