

Ernestown Barracuda Swim Club

May 2010

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

<p>Nutrition Tip: Good nutrition does not guarantee a good performance, but poor nutrition does guarantee a poor performance</p>						1	2
3	4	5	6	7	8	9	
				Festival of Spring - Nepean			
				No Friday Practice	No Sunday Practice		
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
					No Sunday Practice		
24	25	26	27	28	29	30	
Victoria Day No Practice						Sharks Meet Warm-ups 8am	
31							

Ernestown Barracuda Swim Club

May 2010

Festival of Spring (May 7-9, 2010)

Nepean Sportsplex		Warm-ups
Fri. May 7	13/over Heats 12/under	11-11:45am 3:30-4:30pm
Sat. May 8	13/over Finals 12/under 13/over Heats	8-9am 11:30-12:15pm 4:45-5:30pm
Sun. May 9	13/over Finals 400 IM / distance	8:30-9:30am 11:45-12:30pm

Notes: Preliminaries will be run with all ages; boys and girls seeded together
Finals and awards will be divided by age groups; boys and girls separate

For those who still have the large trophies they received at last year's banquet, please return them to Gord ASAP.
Thanks

EBSC Annual General Meeting

Tuesday June 1, 2010 7:30pm
Location TBA

Victoria Day Weekend - Practices

Friday May 21st	Regular Practice
Saturday May 22nd	Regular Practice
Sunday May 23rd	No Practice
Monday May 24th	No Practice

Barracuda Awards Banquet

Tuesday June 8th

"Swimmers" get your acts together.

We would to see skits, dancing, singing and fun stuff. Start practicing now for the talent show at the banquet.

Coaches Corner

Team Champs Three Stars

- ☆ Vanessa Gervais
- ☆ Stef Ruksys
- ☆ Courtney Buchanan
- Team Champs was a total team effort
- EBSC 5 highest point scorers were Amanda 43 pts; Allie 40 pts; Stef and Vanessa 35 pts; Hannah 34 pts.
- A special thank you to Pam and Bard Coens for organizing the bus, the hotel, the pizza party and T-shirts

New Club Records

- Amanda McCormack 400 and 800 free for girls 13/14
- Stef Ruksys 200, 400, 800, 1500 free for senior boys

Congratulations:

- To Allie Duff for making her first ever final at a Senior Nationals competition
- To Amanda McCormack and Hannah Sutherland for being selected to the Ontario Games Team
- Kristin Buchanan is also an alternate for the team

Swimmers Changing Groups:

- The following swimmers have achieved the standards to move to the next training group. Congratulations to Evan Jackson, Andie Rose Ledoux, Annika Bartseh, Madison Halligan, Shelby Neville, Vanessa Gervais and Kristen Bilkovski

Swim-a-thon 2010

- Great job everyone
- Thank you to Tanya Dion and her family for looking after this event

Meets/Events

Date	Meet/Event	Location	Type	Qualifying Times
May 7-9, 2010	Festival of Spring	Nepean	Age Group / Senior	Yes
15	Gefilte Fish LC Meet	Carlton University	Age Group / Senior	No
30	SC Last Chance Meet	Base Kingston Pool	Age Group	No
June 1	EBSC AGM	TBA		
4-6	EOSA LC Champs	Nepean	Age Group / Senior	Yes
8	Awards Banquet			
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
August 9-15	Ontario Summer Games	Sudbury	Provincial	

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