

Ernestown Barracuda Swim Club

November 2009

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

A Healthy Lunch To make a healthy swim meet lunch or snack, mix and match foods from each of the four food groups. Meat & Alternatives - Baked beans, eggs, tuna, salmon, ham, chicken, roast beef, turkey, nuts Grain Products - Muffins, bagels, rice cakes, dry cereal, banana loaf, crackers, oatmeal cookies, fig bars, plain popcorn, breads, buns, bread sticks, pretzels, plain granola bars Vegetables & Fruits - Apples, bananas, grapes, oranges, pineapple, raisins, peaches, melons, dried fruit, salad, juice, vegetable sticks, tomato juice, potato salad, coleslaw, broccoli, green peppers						1
2 Citrus Orders Due	3	4	5	6	7	8
				Barrie Meet		
9	10	11	12	13	14	15
				EBSC Meet		
16	17	18	19	20	21	22
23	24	25	26	27 Citrus Pick up	28	29
30				Canada Cup - Etobicoke		
				At Arena Doors		

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Barrie Meet (Nov. 6, 7, 8, 2009) Warm-ups

Friday	13 & over	4:30pm
Saturday & Sunday	13 & over	7:30am
	12 & under	12:45pm
Finals (Sat. / Sun.)	13 & over	5:30pm

Ernestown Meet (Nov. 13, 14, 15) Warm-ups

Friday	13 & over	3:00pm
	12 & under	5:45pm
Saturday & Sunday	13 & over	8:00am
	12 & under	11:30am

Coaches Corner

- Great swim meet at the Base Pool on Oct. 25th

Shark's Meet 3 Stars

- ☆ Chad Coleman
- ☆ Ryan Hu
- ☆ James Xie

Swim Meet Edict

- If you win your heat, that's great, but please wait until all the swimmers have finished the race before exiting the pool
- If you wear a bathing cap at meets, please wear an EBSC cap.

Barracuda Team Picture



Thursday December 17th
4:00pm on the pool deck

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

Barracuda Practices for November 6-8

Fri. Nov. 6th 4-5pm AG 1, 2, 3, & Senior

Sat. Nov. 7th 8-9:30am Age Group 3 & Senior
Regular practice times for all other groups
Regular Junior Barracuda practice times

Sun. Nov. 8th 8-9am Platinum, Age Group 3 & Senior

Meets/Events

Date	Meet/Event	Location	Type	Qualifying Times
Nov. 6-8	Invitational	Barrie	Age Group / Senior	Yes
13-15	Invitational	Ernestown	Age Group / Senior	No
27-29	Canada Cup I	Etobicoke	National	Yes
Dec. 3-6	Youth Cup	Etobicoke	Age Group / Senior	Yes
6	Invitational	Kingston	Age Group	No
17	Team Picture	Pool (4pm)		
23	Christmas Skating Party	Rink (3-4pm)		
Jan. 10, 2010	Ice Breaker Meet	Base Kingston Pool	Age Group	No
15-17	Ontario Cup	University of Toronto	Senior	Yes
29-31	EOSA SC Champs	Nepean	Age Group / Senior	Yes
Feb. 18-21	Eastern Champs	Gatineau QC	Senior	Yes
25-28	SC Junior Provincials	Etobicoke	Age Group	Yes
27-28	Short Course Finale	Kingston	Age Group	No
No Meets in March				
April 1-4	Spring Nationals	Montreal	National	Yes
TBA	Ernestown Sprint Meet	Ernestown	Age Group / Senior	No
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