


Ernestown Barracuda Swim Club

November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
				See practice times on other side		No Sunday Practice
				Oshawa Meet (12/under)		
				Barrie Meet (13 / over)		
7	8	9	10	11	12	13
				EBSC Meet		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Citrus Arrives. Pick up for Everyone's fruit is 3-5		
28	29	30	Dec. 1	Dec. 2	Dec. 3	Dec. 4
						KBM Meet
			Youth Cup - Etobicoke			



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A Healthy Swim Meet 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

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

Milk & Alternatives - Yogurt, cheese, milk pudding, white milk, chocolate milk, cottage cheese

Coaches Corner

- **Pentathlon Meet Three Stars**
 - ☆ Jennifer Lapp
 - ☆ Josiah Ascough
 - ☆ Katrina Hartman
- **Barracuda Team Picture Date:**
Thursday December 8th on the pool deck
- Congratulations to Hannah Sutherland for being selected to the 2013 Canada Games - Ontario Hopefuls Camp

Barracuda Practices for Nov. 4th-6th

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

Sat. Nov. 5th 9-11am for Age Group 1, 2, 3 & Seniors
Regular practice time for Platinum, Gold and Junior Barracudas

Sun. Nov. 6th **No Practice**

2011 / 2012 Meet and Event Schedule

Date	Meet/Event	Location	Meet Type	Qualifying Times
Nov. 4-6	Invitational	Barrie	13 and over swimmers	Yes
5, 6	Invitational	Oshawa	12 and under swimmers	No
11-13	Invitational	Ernestown	Age Group / Senior	No
25-27	Canada Cup I	Etobicoke	National	Yes
Dec. 1-4	Youth Cup	Etobicoke	Age Group / Senior	Yes
4	Invitational	Kingston	Age Group	No
8	Team Picture	Pool Deck		
23	Barracuda Skating Party	Arena 5-6pm		
Jan. 7, 8, 2012	TBA	TBA	Age Group	No
20-22	Ontario Cup	University of Toronto	Senior	Yes
21	Invitational	Ernestown	Age Group / Senior	No
Feb. 3-5	EOSA SC Champs	Nepean	Age Group / Senior	Yes
16-19	Eastern Champs	Gatineau, QC	Senior	Yes
25, 26	Short Course Fanale	Kingston	Age Group	No
March 1-4	Junior Provincials	Etobicoke	Provincial	Yes
27-1	Canadian Olympic Trials	Montreal	National	Yes
April 20-22	Team Champs	Brantford	Maximum 30 Swimmers	
May 26	KBM SC Fanale	Queen's University	Age Group	No
June 1-3	EOSA LC Champs	Nepean	Age Group / Senior	Yes
9	EBSC Meet	Ernestown	Age Group	No
29-1	LC Junior Provincials	Nepean	Age Group	Yes
July 19-22	Summer Nationals	Edmonton	National	Yes
25-30	Age Group Champs	Calgary	Age Group / Senior	Yes
July 28-Aug. 4	Olympic Games	England		

*** The Long Course meet schedule is yet to be finalized**

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