

# OAK PARK CLUB SWIM TEAM 2011

POOL PHONE 919-787-1184

## PRE-SEASON PRACTICE SCHEDULE (May 23 - June 10)

High School & Middle School 4-5pm | Elementary School 5-6pm

	Monday	Tuesday	Wednesday	Thursday	Friday	
4:00p - 4:30p	HIGH SCHOOL		HIGH SCHOOL		HIGH SCHOOL	
5:00p - 5:30p	ELEMENTARY SCHOOL 6&UNDER	ELEMENTARY SCHOOL 6&UNDER	ELEMENTARY SCHOOL 6&UNDER	ELEMENTARY SCHOOL 6&UNDER	ELEMENTARY SCHOOL 6&UNDER	

## REGULAR PRACTICE SCHEDULE (June 13 - July 19)

Mornings (mon/tue/thu/fri) | all age groups 10-11am

Evenings (mon/wed/thu) | 6&unders and 11&ups 5-6pm | 7-10s 6-7pm

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00a - 10:30a	ALL AGE GROUPS		NO PRACTICE	ALL AGE GROUPS	
5:00p - 5:30p	11&UP 6&UNDER	SWIM MEET	11&UP 6&UNDER	11&UP 6&UNDER	NO PRACTICE
5:30p - 6:00p	6&UNDER	4:45 ARRIVAL / 5:00 WARM-UP WHEN HOME	6&UNDER	6&UNDER	
6:00p - 6:30p	7-10	5:15 ARRIVAL / 5:30 WARM-UP WHEN AWAY	7-10	7-10	

### HEAD COACHES

Mitch Danforth | 696-5115  
mitch@mitchdanforth.com

Beth Nicholson | 272-8799  
lbethnicholson@yahoo.com

### SWIM TEAM COORDINATORS

Sandra Sawyer | 783-6065  
sandrasawyer@earthlink.net

Rachel Kendall | 810-2224  
rkendall@redwoodsgroup.com

### SOCIAL COORDINATOR

Jan Cortelyou-Lee | 510-4617  
jclddl@earthlink.net

### TSA REPRESENTATIVE

Vance Alford | 786-1243  
TSA Website- www.tsanc.org

### SEASON SCHEDULE

Thu 6/2 - Swim Test @5:30pm  
Sat 6/11 - Time Trials @9:00am  
Tue 6/14 - Jewish C. Center (HOME\*)  
Tue 6/21 - Northridge (AWAY)  
Tue 6/28 - Southall (AWAY)  
Tue 7/5 - Planters Walk (HOME\*)  
Tue 7/12 - Brier Creek (HOME\*)  
Team pictures & Parade @4:15pm  
Tue 7/19 - Lakemont (AWAY)

We need parents to time and fill many other positions at meets!

Championship swim meet information to come.

### SPECIAL EVENTS

Fri 6/24 - Lock-In  
Tue 7/26 - End of Season Swim/Tennis Banquet  
Thu 7/28 - Emerald Pointe Trip

### NOTES

\* BAKE SALE fundraiser during all home meets. Each family please bring an individually wrapped snack or baked good.

PLEASE let the coaches know if you cannot attend a meet. They need to plan every race!

ALL coaches are available to teach swim lessons