

# OAK PARK CLUB SWIM TEAM 2010

POOL PHONE 919-787-1184

## PRE-SEASON PRACTICE SCHEDULE (May 25 - June 10)

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

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

## REGULAR PRACTICE SCHEDULE (June 11 - July 20)

Mornings (mon/tue/thu/fri) | 7-10s: 9-10am | 6&under, 11&up: 10-11am

Evenings (mon/wed/thu) | 6&under, 11&up: 5-6pm | 7-10s: 6-7pm

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00am	7-10		NO PRACTICE	7-10		
9:30am	7-10			7-10		
10:00am	11&UP	6&UNDER A		11&UP	6&UNDER	11&UP
10:30am	6&UNDER B	6&UNDER B	6&UNDER	6&UNDER	6&UNDER	6&UNDER
5:00pm	11&UP	6&UNDER A	11&UP	6&UNDER	NO PRACTICE	
5:30pm	6&UNDER B	4:45 ARRIVAL / 5:00 WARM-UP FOR HOME MEETS	6&UNDER	6&UNDER		
6:00pm	7-10		6&UNDER	6&UNDER		
6:30pm	7-10		7-10	7-10		

### HEAD COACHES

Mitch Danforth | 696-5115  
mitch@mitchdanforth.com

Beth Nicholson | 272-8799  
lbethnicholson@yahoo.com

### ASSISTANT COACHES

Johnson Beasley | 610-0080  
Kevin Rogers | 740-5696

### SWIM TEAM COORDINATORS

Sandra Sawyer | 783-6065  
sdrasawyer@earthlink.net

Rachel Kendall | 810-2224  
rkendall@redwoodsgroup.com

### SOCIAL COORDINATOR

Catherine Baldwin  
cbaldwin2@nc.rr.com

### TSA REPRESENTATIVE

Vance Alford 786-1243  
TSA Website- [www.tsanc.org](http://www.tsanc.org)

### MEET SCHEDULE

Sat 6/12 - Time Trials @ 9am  
Tue 6/15 - Black Horse Run (HOME\*)  
Tue 6/22 - Lakemont (HOME\*)  
Tue 6/29 - TCC Brentwood (HOME\*)  
Team pictures & Parade@ 4:15  
Tue 7/6 - Planters Walk (AWAY)  
Tue 7/13 - Brier Creek (AWAY)  
Tue 7/20 - Hedingham (AWAY)  
Sat 7/18 - City Meet (info to come)

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

### SPECIAL EVENTS

Fri 6/25 - Lock-In  
Thu 7/22 - Emerald Pointe Trip  
Tue 7/27 - End of Season  
Swim/Tennis Banquet

### 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