January 2015 INTRO WEST @ Harbord

INTRO swimmers are expected to bring their equipment to every swim. **Equipment required: TSC t-shirt, shorts, skipping rope, water bottle, & kickboard**. Swimmers are expected to arrive on deck 15-minutes before the start of each practice and swim meet. A team meeting & team cheer takes place on deck after each swim practice for approx. 6-minutes.

All swimmers are expected to wear the 2014-2015 TSC swim cap & TSC t-shirt at all swim meets, including shorts/track pants & deck footwear

*** Tri-Star Series #2 @ Brampton** **9 & under – Session I – Warm Up @ 7:30 a.m./ Start @ 8:00 / Approx. Finish @ 10:30 a.m.**

McMurchy Pool, 247 McMurchy Avenue South, Brampton **10 & over – Session II – Warm Up @ 11:00 a.m./ Start @ 11:30 / Approx. Finish @ 2:00 p.m.**

INTRO swimmers that are potential candidates for the Youth 3 group (Y3) will be invited by the Head Development Coach for **swim-ups** on **Wednesday, February 4th, 11th, 18th and 25th at Riverdale C.I.** (4:45-6:30 p.m.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy New Year	2	3
4	5	6 **INTRO JR** @ 5:45-7:00 p.m. **INTRO SR** @ 6:45-8:00 p.m.	7	8 **Novice Tryouts** **INTRO JR** @ 5:45-7:00 p.m. **INTRO SR** @ 6:45-8:00 p.m.	9	10
11	12	13 **INTRO JR** @ 5:45-7:00 p.m. **INTRO SR** @ 6:45-8:00 p.m.	14	15 **INTRO JR** @ 5:45-7:00 p.m. **INTRO SR** @ 6:45-8:00 p.m.	16	17
18	19	20 **INTRO JR** @ 5:45-7:00 p.m. **INTRO SR** @ 6:45-8:00 p.m.	21	22 **INTRO JR** @ 5:45-7:00 p.m. **INTRO SR** @ 6:45-8:00 p.m.	23	24
25 Tri Star Series #2 @ Brampton	26	27 **INTRO JR** @ 5:45-7:00 p.m. **INTRO SR** @ 6:45-8:00 p.m.	28	29 **INTRO JR** @ 5:45-7:00 p.m. **INTRO SR** @ 6:45-8:00 p.m.	30	31

TSC Head Development Coach – Victor Delac