

February 2012

Bronze 3

B3 swimmers are expected to have their proper attire and equipment during all dry land sessions (running shoes, TSC t-shirt, shorts, a skipping rope and water bottle) on Fridays and Saturdays.

Coach: Ashley Bradbury a.bradbury@torontoswimclub.com

Group Parent: Gulcan Ozel gulcan@hotmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 4:30-6:00pm @Central Tech	2	3 4:30-6:15pm @Harbord	4 7:30-9:30am @Harbord	5
6	7 4:30-6:00pm @Central Tech	8 4:30-6:00pm @Central Tech	9	10 4:30-6:15pm @Harbord Central Region SC Champs @Etobicoke (Qualifiers)	11 Workout @UofT TBA Central Region SC Champs @Etobicoke (Qualifiers)	12 Central Region SC Champs @Etobicoke (Qualifiers)
13	14 4:30-6:00pm @Central Tech	15 4:30-6:00pm @Central Tech	16	17 4:30-6:15pm @Harbord	18 7:30-9:30am @Harbord	19
20	21 4:30-6:00pm @Central Tech	22 4:30-6:00pm @Central Tech	23	24 4:30-6:15pm @Harbord	25 Central Region Winter Team Champs @Etobicoke	26 Central Region Winter Team Champs @Etobicoke
27	28 4:30-6:00pm @Central Tech	29 4:30-6:00pm @Central Tech				

If a swimmer misses a swim practice the parent/guardian must submit a request for a make-up practice to the Head Development Coach Victor Delac vdelac@hotmail.com