

February 2012 Intro

Coach: nicole_mackenzie@hotmail.com

Group Parent Luisa: lcappellaro1@yahoo.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 5:00- 6:15 @ Riverdale	2	3	4	5
6 7:00-8:00 @ Riverdale	7	8 5:00- 6:15 @ Riverdale	9	10	11	12
13 7:00-8:00 @ Riverdale	14	15 5:00- 6:15 @ Riverdale	16	17	18	19
20 Family Day No Practice!!	21	22 5:00- 6:15 @ Riverdale	23 JR 5:45-7:00 SR 6:45-8:00 @ Harbord	24	25	26
27 7:00-8:00 @ Riverdale	28	29 5:00-6:15 @ Riverdale				

Dryland: 15 minutes before practice. Please remember all of your dryland gear.
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