

# May 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Diving is contingent on a minimum registration of 8 students per class and is a separate program and fee. Chris Brady, former Stoughton High and present Walpole High diving coach, will be leading the diving program.                      Tue &amp; Wed pool time will be shared with Canton.  <i>All out of town residents must call me before registering 508-668-9647</i>  <i>All 1<sup>st</sup> time swimmers must come to the 7-11 year practice to be evaluated</i></p>						<p><b>1 Blue Hills</b>                      5-6 7-11 swimming                      6-7 12-18 swimming  <b>5-6 12-18 Diving</b>  <b>6-7 8 – 11 Diving</b></p>
<b>2</b>	<b>3</b>	<p><b>4 Blue Hills</b>                      4:15-5:15pm                      7-11 years                      5:15-6:15pm                      12-18 years</p>	<p><b>5 Blue Hills</b>                      4:15-5:15pm                      7-11 years                      5:15-6:15pm                      12-18 years</p>	<p><b>6 Wrentham</b>                      4:30-5:30pm                      4-6 years                      5:30-6:30pm                      7-8 years</p>	<p><b>7 Blue Hills</b>                      4:15-5:15 7-11yrs swim                      5:15-6:15 12-18 yrs swim  <b>4:15-5:15 12-18yrs Diving</b>  <b>5:15 -6:15 8- 11yrs Diving</b></p>	<b>8</b>
<b>9</b> Mothers Day	<b>10</b>	<p><b>11 Blue Hills</b>                      4:15-5:15pm                      7-11 years                      5:15-6:15pm                      12-18 years</p>	<p><b>12 Blue Hills</b>                      4:15-5:15pm                      7-11 years                      5:15-6:15pm                      12-18 years</p>	<p><b>13 Wrentham</b>                      4:30-5:30pm                      4-6 years                      5:30-6:30pm                      9-10year</p>	<p><b>14 Blue Hills</b>                      4:15-5:15 7-11yrs swim                      5:15-6:15 12-18 yrs swim  <b>4:15-5:15 12-18yrs Diving</b>  <b>5:15 -6:15 8- 11yrs Diving</b></p>	<p><b>15 Walpole Day Parade</b>                      our Theme is Nemo more details to come</p>
<b>16</b>	<b>17</b>	<p><b>18 Blue Hills</b>                      4:15-5:15pm                      7-11 years                      5:15-6:15pm                      12-18 years</p>	<p><b>19 Blue Hills</b>                      4:15-5:15pm                      7-11 years                      5:15-6:15pm                      12-18 years</p>	<p><b>20 Wrentham</b>                      4:30-5:30pm                      4-6 years                      5:30-6:30pm                      11 years</p>	<p><b>21 Blue Hills</b>                      4:15-5:15 7-11yrs swim                      5:15-6:15 12-18 yrs swim  <b>4:15-5:15 12-18yrs Diving</b>  <b>5:15 -6:15 8- 11yrs Diving</b></p>	<p><b>22 Blue Hills</b>                      5-6 7-11 swimming                      6-7 12-18 swimming  <b>5-6 12-18 Diving</b>  <b>6-7 8 – 11 Diving</b></p>
<b>23</b>	<b>24</b>	<p><b>25 Blue Hills</b>                      4:15-5:15pm                      7-11 years                      5:15-6:15pm                      12-18 years</p>	<p><b>26 Blue Hills</b>                      4:15-5:15pm                      7-11 years                      5:15-6:15pm                      12-18 years</p>	<p><b>27 Wrentham</b>                      4:30-5:30                      4-6 years                      5:30-6:30                      12 years</p>	<b>28</b>	<p><b>29</b>                      Memorial Day weekend</p>
<b>30</b> Memorial Day weekend	<b>31</b> Memorial Day	<p>Practices are not mandatory but strongly encouraged to see improvement. We will teach you how to swim and guide you towards competition when you are ready. No Swimming experience needed. Visit our web site  <a href="http://www.walpoleswimteam.com">www.walpoleswimteam.com</a>                      Out of town residents welcome view page on the web site for out of town regulations</p>				

# June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The swim meets are soon and time trails are mandatory to participate in the meets		<b>1 Blue Hills</b> 4:15 - 5:15pm 7-11 years  5:15 - 6:15pm 12-18 years	<b>2 Blue Hills</b> 4:15 - 5:15pm 7-11 years  5:15 - 6:15pm 12-18 years	<b>3 Wrentham</b> 4:30-5:30pm 4-6 years  5:30-6:30pm 13-14yrs	<b>4 Blue Hills</b> 4:15-5:15 8-11yrs swim 5:15-6:15 12-18 yrs swim <hr/> <b>4:15-5:15 12-18yrs Diving</b> <b>5:15 -6:15 8- 11yrs Diving</b>	5
6 High School Graduations	<b>7 Blue Hills</b>  <b>TIME TRIALS</b> <b>4:30-5:30pm</b> <b>8-18 years</b>	<b>8 Blue Hills</b> 4:15 - 5:15pm 7-11 years  5:15 - 6:15pm 12-18 years	<b>9 Blue Hills</b> 4:15 - 5:15pm 7-11 years  5:15 - 6:15pm 12-18 years	<b>10 Wrentham</b> 4:30-5:30pm 4-6 years  5:30-6:30pm 15-18yrs	11	12
13	<b>14 Blue Hills</b>  <b>TIME TRIALS</b> <b>4:30-5:30pm</b> <b>8-18 years</b>	<b>15 Blue Hills</b> 4:15 - 5:15pm 7-11 years  5:15 - 6:15pm 12-18 years	<b>16 Blue Hills</b> 4:15 - 5:15pm 7-11 years  5:15 - 6:15pm 12-18 years	17 <u><b>LAST DAY OF SCHOOL</b></u>	<b>18 Blue Hills</b> 4:15-5:15 8-11yrs swim 5:15-6:15 12-18 yrs swim <hr/> <b>4:15-5:15 12-18yrs Diving</b> <b>5:15 -6:15 8- 11yrs Diving</b>	19 <b>Cancelled</b>
20 Fathers Day	<b>21 Blue Hills</b>  <b>TIME TRIALS</b> <b>4:30-5:30pm</b> <b>8-18 years</b>	<b>22 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years  5-6pm 8-11 years 6-7pm 12-18 years	<b>23 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years  5-6pm 8-11 years 6-7pm 12-18 years	<b>24 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years  5-6pm 8-11 years 6-7pm 12-18 years	<b>25 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years  Time -Trial <b>5-6pm 8-18 years</b>	<b>26 Center Pool</b> 8-9am 8-11 years 9-10am 12-18 years 10-11am 4-7 years
27	<b>28 Center Pool</b> 7-8 12-18 years 8-9 8-11 years 9-10 4-7 years  5-6pm 8-11 years 6-7pm 12-18 years	<b>29 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years  5-6pm 8-11 years 6-7pm 12-18 years	<b>30 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years  5-6pm 8-11 years 6-7pm 12-18 years	<p><b><u>Team suits and caps are mandatory to swim in swim meets. Like all other sports we have a uniform. Don't wait until the last moment to order one. Order forms are on the web site fill one out and turn it in at the desk at practice.</u></b></p> <p><b><u>www.walpoleswimteam.com</u></b></p>		

# July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>You must swim in 6 meets to qualify for the B Regional and 8 meets for the A Regional. They're also qualifying times for the A Regional Meet. Swimmers must do all 4 strokes at time trails to be eligible to swim in the dual meets. If your swimmer is timid about doing a meet please bring it to my attention. The season is very busy! If you need to speak to me, see me at the pool. Please don't e-mail me I don't check my e-mail on a regular basis. I am at the pool most days 7am-7pm come in we can chat</b></p>				<p><b>1 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years 5-6pm 8-11 years 6-7pm 12-18 years</p>	<p><b>2 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>Time -Trial</b> <b>5-6pm 8-18 years</b></p>	<p><b>3 Center Pool</b> 8-9am 8-11 years 9-10am 12-18 years 10-11am 4-7 years</p>
4	<p><b>5 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years 5-6pm 8-11 years 6-7pm 12-18 years</p>	<p><b>6 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>@Canton 5pm</b></p>	<p><b>7 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years 5-6pm 8-11 years 6-7pm 12-18 years</p>	<p><b>8 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>Millis @home</b> <b>5pm</b></p>	<p><b>9 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>Time -Trial</b> <b>5-6pm 8-18 years</b></p>	<p><b>10 Center Pool</b> 8-9am 8-11 years 9-10am 12-18 years Bay State Games Harvard University</p>
	<p>11 Bay State Games Harvard University</p>	<p><b>12 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>@ Needham 4:30pm</b> <b>Could be tough</b></p>	<p><b>13 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>Medfield @home</b> <b>5pm</b></p>	<p><b>14 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years 5-6pm 8-11 years 6-7pm 12-18 years</p>	<p><b>15 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>@ Dedham 5pm</b> <b>Always close</b></p>	<p><b>16 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>Time -Trial</b> <b>5-6pm 8-18 years</b></p>
18 BEACH TRIP NEWPORT RI Lots of fun riding the waves !!!!!!!	<p><b>19 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years 5-6pm 8-11 years 6-7pm 12-18 years</p>	<p><b>20 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>@ Sherborn 5pm</b> <b>Always tough at home</b></p>	<p><b>21 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years 5-6pm 8-11 years 6-7pm 12-18 years</p>	<p><b>22 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>@ Westwood 5pm</b> <b>Always close</b></p>	<p><b>23 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>MILE SWIM @ Natick</b> <b>Time -Trial BH</b> <b>6-7 8-18 years</b> <b>Mandatory</b></p>	<p><b>24 Center Pool</b> 8-9am 8-11 years 9-10am 12-18 years 10-11am 4-7 years <b>A&amp;B Regional</b> <b>forms are due today</b> <b>last day to enter!!!!</b></p>
	25	<p><b>26 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years 5-6pm 8-11 years 6-7pm 12-18 years <b>Last day to sign up</b> <b>for pasta dinner \$5</b></p>	<p><b>27 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>Natick @home</b> <b>5pm</b></p>	<p><b>28 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years 5-6pm 8-11 years 6-7pm 12-18 years</p>	<p><b>29 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>Framingham</b> <b>@home 5pm</b> <b>Need Everyone!!!!</b></p>	<p><b>30 Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years <b>Time -Trial</b> <b>5-6pm 8-18 years</b> <b>Pasta Dinner 6pm</b> <b>at the pool</b></p>

# August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years	3 <b>Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years	4 <b>Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years	5 <b>Center Pool</b> Sleep in 12-18 years Sleep in 8-11 years Sleep in 4-7 years	6 <b>Center Pool</b> 7-8am 12-18 years 8-9am 8-11 years 9-10am 4-7 years	7 <b>Championship Meet II @ Newton 7:30 am sharp</b>  <b>NO PRACTICE</b>
	5-6pm 8-11 years 6-7pm 12-18 years <b>Last day to turn in slips for the party</b>	<b>Nowood @home 5pm</b>	5-6pm 8-11 years 6-7pm 12-18 years	<b>Newton @home 5pm</b> <b>We need everyone to win!!!!!!!</b>		
	8 <b>END OF SEASON PARTY</b>	9	10	11	12	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Thanks for being a part of The Walpole Swim Team Hope to see you in the winter Cheryl Cavanaugh 508-668-9647 <a href="http://www.walpoleswimteam.com">www.walpoleswimteam.com</a> Visit our Web site			