

www.walpoleswimteam.com

Out of town residents welcome view page on the web site for out of town regulation

All out of town residents can call me before registering if they have any questions 508-668-9647

When registering you must attach proof of residency with your registration one the following will be accepted: Copy of your License black out your ss#, utility bill, include a birth certificate if your child's name is different from the parents

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

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

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.

The swim meets are soon and time trials are mandatory to participate in the meets

You must swim in 8 meets to qualify for the Championship meet.

Swimmers must do all 4 strokes at time trials 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

If you do time trials and are unable to go to a meet it is mandatory that you notify me. There is a NO MEET book at the attendance table please find the MEET that you will not be able to participate in and print your name. This must be done the day before the meet not the day of please do not e-mail me you must write it down.

Thanks for being a part of The Walpole Swim Team

Please help support the Rebels swimming & diving team and buy a duck & win \$1000 on May 21st

Contact Cheryl Cavanaugh @ 508-668-9647 or www.walpoleswimteam.com

May 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Wrentham 4:30-5:30 (3-4yrs) swim 5:30-6:30 (5-6yrs) swim	2	3 Blue Hills 4:30-5:30(7-9yrs)swim 4:30-5:30(10-18yr)dive 5:30-6:30(10-18yrs)swim	4	5 Blue Hills 4:30-5:30(7-9yrs)swim 4:30-5:30(10-18yr)dive 5:30-6:30(10-18yrs)swim	6	7
8 Wrentham 4:30-5:30 (3-4yrs) swim 5:30-6:30 (5-6yrs) swim	9	10 Blue Hills 4:30-5:30(7-9yrs)swim 4:30-5:30(10-18yr)dive 5:30-6:30(10-18yrs)swim	11	12 Blue Hills 4:30-5:30(7-9yrs)swim 4:30-5:30(10-18yr)dive 5:30-6:30(10-18yrs)swim	13	14
15 Wrentham 4:30-5:30 (3-4yrs) swim 5:30-6:30 (5-6yrs) swim	16	17 Blue Hills 4:30-5:30(7-9yrs)swim 4:30-5:30(10-18yr)dive 5:30-6:30(10-18yrs)swim	18	19 Blue Hills 4:30-5:30(7-9yrs)swim 4:30-5:30(10-18yr)dive 5:30-6:30(10-18yrs)swim	20	21 Walpole Day We need the team to ride in the parade tee shirt's available at practice
22 Wrentham 4:30-5:30 (3-4yrs) swim 5:30-6:30 (5-6yrs) swim	23 Screening 5-6	24 Blue Hills 4:30-5:30(7-9yrs)swim 4:30-5:30(10-18yr)dive 5:30-6:30(10-18yrs)swim	25	26 Blue Hills 4:30-5:30(7-9yrs)swim 4:30-5:30(10-18yr)dive 5:30-6:30(10-18yrs)swim	27	28 Memorial Day
29 Memorial Day	30 Memorial Day	31 Blue Hills 4:30-5:30(7-9yrs)swim 5:30-6:30(10-18yrs)swim	<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 & Wed pool time will be shared with Canton.</p> <p><i>All out of town residents must call me before registering 508-668-9647</i></p> <p>If you do time trials and are unable to go to a meet, it is mandatory that you notify me. There is a NO MEET book at the attendance table please find the MEET that you will not be able to participate in and print your name. This must be done the day before the meet not the day of please do not e-mail me you must write it down.</p>			

June 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><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></p>			1	2 Blue Hills 4:30-5:30(7-9yrs)swim 5:30-6:30(10-18yrs)swim	3	4
5 Walpole High Graduation Wrentham 4:30-5:30 (3-4yrs) swim 5:30-6:30 (5-6yrs) swim	6 Blue Hills TIME TRIALS 4:30-5:30 7-18years	7 Blue Hills 4:30-5:30(7-9yrs)swim 5:30-6:30(10-18yrs)swim	8	9 Blue Hills 4:30-5:30(7-9yrs)swim 5:30-6:30(10-18yrs)swim	10	11
12 Wrentham 4:30-5:30 (3-4yrs) swim 5:30-6:30 (5-6yrs) swim	13 Blue Hills TIME TRIALS 4:30-5:30 7-18years	14 Blue Hills 4:30-5:30(7-9yrs)swim 5:30-6:30(10-18yrs)swim	15	16 Blue Hills 4:30-5:30(7-9yrs)swim 5:30-6:30(10-18yrs)swim	17	18
19 Father's Day Wrentham 4:30-5:30 (3-4yrs) swim 5:30-6:30 (5-6yrs) swim	20 Blue Hills TIME TRIALS 4:30-5:30 7-18years	21 Blue Hills 4:30-5:30(7-9yrs)swim 5:30-6:30(10-18yrs)swim	22 Center Pool	23 Center Pool	24 Center Pool	25 Center Pool
			7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	9-10 10-18 years 10-11 3-9 years
26	27 Center Pool	28 Center Pool	29 Center Pool	30 Center Pool	The swim meets are soon and time trials are mandatory to participate in the meets	
	7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years	7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years	7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years	7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years		
	5-6pm 7-9 years 6-7pm 10-18 years	5-6pm 7-9 years 6-7pm 10-18 years	5-6pm 7-9 years 6-7pm 10-18 years	5-6pm 7-9 years 6-7pm 10-18 years		

July 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>You must swim in 8 meets to qualify for the Championship meet. Swimmers must do all 4 strokes at time trials 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</p>					Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Time Trials 5-6pm 7-18yrs	2 Center Pool 9-10 10-18 years 10-11 3-9 years
3	4 Center Pool No Practice	5 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Needham @ Walpole 5pm warm up	6 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	7 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Canton @ Walpole 5pm warm up	8 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Time Trials 5-6pm 7-18yrs	9 Center Pool 9-10 10-18 years 10-11 3-9 years
10	11 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	12 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Millis @ Walpole 5pm warm up	13 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	14 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Walpole @ Medfield 5pm warm up	15 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Time Trials 5-6pm 7-18yrs	16 Center Pool 9-10 10-18 years 10-11 3-9 years
17	18 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	19 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Dedham @ Walpole 5pm warm up	20 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	21 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Sherborn @ Walpole 5pm warm up	22 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Time Trials 5-6pm 7-18yrs	23 Center Pool 9-10 10-18 years 10-11 3-9 years
24 Beach Trip Newport RI 31	25 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	26 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Westwood @ Walpole 5pm warm up	27 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 7-9 years 6-7pm 10-18 years	28 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Walpole @ Natick 5pm warm up	29 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Mile Swim Natick 12 Time Trials BH 6pm 7yrs-18yrs	30 Center Pool 9-10 10-18 years 10-11 3-9 years A&B Regional forms due Last day to enter

August 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 6-9 years 6-7pm 10-18 years	2 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Walpole @ Framingham 5pm warm up	3 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 6-9 years 6-7pm 10-18 years	4 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Walpole @ Norwood 5pm warm up	5 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Time Trials 5-6pm 7-18yrs PASTA DINNER 6pm at the pool	6 B Regionals Newton 7am
7	8 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 6-9 years 6-7pm 10-18 years	9 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Walpole @ Newton 5pm warm up	10 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 6-9 years 6-7pm 10-18 years	11 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years 5-6pm 6-9 years 6-7pm 10-18 years	12 Center Pool 7-8am 12-18 years 8-9am 8-11 years 9-10am 3-7 years Go To Bed Early	13 A Regionals Newton 7am
14 End of season party TBA	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 www.walpoleswimteam.com		