

# ARAB SWIM TEAM - MAY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOTES:</b> <i>Birth Certificates are required to sign-up.</i> <i>First Place Athletics will be at signups with goggles, caps &amp; suits.</i>				<b>5</b> <b>Swim Team</b> <b>Sign-ups</b> <b>@ Rec Center</b> <b>7:00 pm</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>17</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>18</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>19</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>20</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>21</b>
<b>22</b>	<b>23</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>24</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>25</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>26</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>27</b> <i>***Afternoon Practice</i> 3:30 – 4:00 Beginner 4:00 – 5:00 Advanced	<b>28</b> <b>Arab City</b> <b>Pool</b> <b>Opens</b>
<b>29</b>	<b>30</b> <b>NO PRACTICE</b> <b>TODAY!!!!</b>  <b>MEMORIAL DAY</b>	<b>31</b> <b>NO PRACTICE</b> <b>TODAY!!!!</b>	<b>1 JUNE</b> <i>Morning Practice</i> 6:45-8:15 Advanced 8:00-9:00 Intermediate 9:00-9:45 Beginner	<b>2 JUNE</b> <i>Morning Practice</i> 6:45-8:15 Advanced 8:00-9:00Intermediate 9:00-9:45 Beginner	<b>3 JUNE</b> <i>Morning Practice</i> 6:45-8:15 Advanced 8:00-9:00 Intermediate 9:00-9:45 Beginner	<b>4 JUNE</b>

**\*\*\*Swim Coach will determine swimmer's skill level & place them in proper practice session.**

# ARAB SWIM TEAM - JUNE 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Morning Practice</u>	2 <u>Morning Practice</u>  <b>Stroke &amp; Turn 6:00</b>	3 <u>Morning Practice</u>	4
5	6 <u>Morning Practice</u>	7 <u>Morning Practice</u> <b>Mock Meet Team Pictures</b> Pictures @ 4:30 Meet @ 5:30	8 <u>Morning Practice</u>	9 <u>Morning Practice</u> <b>Guntersville (H)</b> Be at pool @ 4:15 Arab Warm-up 4:30 Visitor Warm-up 5:00 Meet @ 5:30	10 <u>Morning Practice</u>	11
12	13 <u>Morning Practice</u>	14 <u>Morning Practice</u> <b>Scottsboro (A)</b> Be at pool @ 4:45 Arab Warm-up 5:00 Meet @ 5:30	15 <u>Morning Practice</u>	16 <u>Morning Practice</u> NO 9-9:45 Practice  <b>Stroke &amp; Turn 6:00</b>	17 <u>Morning Practice</u>	18 <b>Medal Meet Madison</b>
19	20 <u>Morning Practice</u>	21 <u>Morning Practice</u> <b>Madison (A)</b> Be at pool @ 4:45 Arab Warm-up 5:00 Meet @ 5:30	22 <u>Morning Practice</u>	23 <u>Morning Practice</u> <b>Albertville (H)</b> Be at pool @ 4:15 Arab Warm-up 4:30 Visitor Warm-up 5:00 Meet @ 5:30	24 <u>Morning Practice</u>	25 <b>County Meet Albertville</b>
26	27 <u>Morning Practice</u>	28 <u>Morning Practice</u>  <b>Stroke &amp; Turn 6:00</b>	29 <u>Morning Practice</u>	30 <u>Morning Practice</u> <b>Boaz (A)</b> Be at pool @ 4:45 Arab Warm-up 5:00 Meet @ 5:30	<b><u>Practice Times for June 2011</u></b> 6:45 – 8:15 Advanced Swimmers 8:00 – 9:00 Intermediate Swimmers 9:00 – 9:45 Beginner Swimmers (Note: Morning Practice times are subject to change at beginning of season.)	

# ARAB SWIM TEAM - JULY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b><u>Practice Times for July 2011</u></b> July 11 <sup>th</sup> - 15 <sup>th</sup> Practice District Swimmers ONLY July 18 <sup>th</sup> - 28 <sup>th</sup> Practice State Qualifiers ONLY					<b>1</b> <u>Morning Practice</u>	<b>2</b>
<b>3</b>	<b>4</b> <u>Morning Practice</u>	<b>5</b> <u>Morning Practice</u> <b>Cullman (A)</b> <b>Tri-Meet</b> (Cullman, Decatur, Arab) <b>Be at pool @ 4:30</b>	<b>6</b> <u>Morning Practice</u>	<b>7</b> <u>Morning Practice</u> <b>Ft. Payne (A)</b> <b>Be at pool @ 4:45</b> Arab Warm-up 5:00 Meet @ 5:30	<b>8</b> <u>Morning Practice</u>	<b>9</b>
<b>10</b>	<b>11</b> <u>Morning Practice</u> District Swimmers 7:00 – 9:00	<b>12</b> <u>Morning Practice</u> District Swimmers 7:00 – 9:00	<b>13</b> <u>Morning Practice</u> District Swimmers 7:00 – 9:00	<b>14</b> <u>Morning Practice</u> District Swimmers <b>District Diving Competition</b>	<b>15</b> <b>DISTRICT Swim Meet</b> <b>Guntersville</b>	<b>16</b> <b>DISTRICT Swim Meet</b> <b>Guntersville</b>
<b>17</b>	<b>18</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00 <b>SWIM TEAM PARTY</b> <b>6-9pm</b>	<b>19</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00	<b>20</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00	<b>21</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00	<b>22</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00	<b>23</b>
<b>24</b>	<b>25</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00	<b>26</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00	<b>27</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00	<b>28</b> <u>Morning Practice</u> State Qualifiers 7:00 – 9:00	<b>29</b> <b>STATE Swim Meet</b> <b>Cullman</b>	<b>30</b> <b>STATE Swim Meet</b> <b>Cullman</b>