

PARKCREST SWIMMING & DIVING

JUNE 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 CPR/Lifeguarding Recertification @ 9:00 AM Cost: \$28, 30 or 65
6 Coaches Meeting @ 8:30-10 AM All-Activity @11-1 PM	7 Penguin Stroke Clinic 6:00-8:00 PM Group 1 - 6:00-7:00 Group 2 - 7:00-8:00	8 (Entire Week) →	9	10	11	12
13 WEEK 1	14 Practice Starts	15	16	17	18 DIVE vs. Seminole Team Breakfast @ 8:30 Coaches Meet & Greet @ 9:30	19 Trivia Night-7-11 SWIM vs. Seminole @ HOME (Hawaiian Day)
20 WEEK 2	21	22 DIVE @ Hawks	23 SWIM @ Hawks Landing @ 5 PM (Tuxedo/Formal Day)	24 Big Penguin / Little Penguin Fun Night @ 6:00 PM	25 DIVE @ Ridgewood	26 SWIM @ Ridgewood (Secret Agent Day)
27 WEEK 3	28	29 Teen Night 7-10 PM Mini-Golf @ 2:30 @ Vitense Golfland (10 & Unders)	30 DIVE vs. Westside	VISIT US ONLINE @ PARKCRESTPOOL.COM		

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 3				1 Pool closes at 3:00 SWIM vs. Westside @ HOME @ 5 PM (Patriotic Day)	2 NO PRACTICE	3
4 WEEK 4	5	6 Family Float Ice Cream Social 7-8:30 PM PC Picture Day @ 8 AM (Team Photo First)	7 Ridgewood Relays Meet @ Ridgewood	8	9 DIVE @ Shorewood	10 SWIM @ Shorewood (Twin Day) Adult Social- 7-12
11 WEEK 5	12	13	14 Noah's Ark Trip @ 7:45-4:30 PM (11 & Up)	15	16 DIVE vs. Monona @ HOME	17 SWIM vs. Monona (Parkcrest Pride) Adult Meet @ 6 PM Warmups-5:30 PM
18 WEEK 6	19 Water Ballet Dress Rehearsal @ 6:00 PM	20	21 Water Ballet Show @ 7:30 PM	22	23 DIVE @ Middleton	24 SWIM @ Middleton (Athlete/Jersey Day)
25 All-City Warmup @ 7:45-9:00 15-18 Dunch-3PM Tie Dye/Signs-5 PM WEEK 7	26 Movie Night ALL-CITY DIVING MEET @ HOME 11-12 / 13-14	27 ALL-CITY DIVING MEET @ HOME 15 - 18 / 10 & U	28 Spaghetti Dinner @ Garner Park @ 5:30 PM	29 ALL-CITY SWIM MEET @ Hill Farm 11 & UP	30 ALL-CITY SWIM MEET @ Hill Farm 10 & UNDER	31 ALL-CITY SWIM MEET @ Hill Farm FINALS & RELAYS Swim/Dive Picnic @ 6:30

2010 ALL-CITY SWIM

AGE GROUPS	SATURDAY 7/24	SUNDAY 7/25	MONDAY 7/26	TUESDAY 7/27	WEDNESDAY 7/28	THURSDAY 7/29	FRIDAY 7/30	SATURDAY 7/31
8 & UNDER	@ Middleton	ALL-CITY WARMUP @ HILL FARM @ 7:45-9:00 AM TIE-DYE & SIGN MAKING @ 5 PM ON PC HILL	PRACTICE 3:45-4:45 PM	PRACTICE 3:45-4:45 PM COOKIE PARTY @ Anderson's @ 6:30 PM (10 & Unders)	PRACTICE 10-11:00 AM SPAGHETTI DINNER @ GARNER PARK @ 5:30 PM	REST, RELAX, AND STAY OUT OF THE SUN!	WARMUP @ PC 6:30-7:15 AM *8:30-9:15 AM ARRIVE @ HILL FARM BY 7:45 AM	WARMUP @ PC 10 & UNDERS @ 6:30-7:15 AM TEAM PICNIC @ PARKCREST @ 6:30 PM
9-10	@ Middleton	ALL-CITY WARMUP @ HILL FARM @ 7:45-9:00 AM TIE-DYE & SIGN MAKING @ 5 PM ON PC HILL	PRACTICE 12:30-1:45 PM	PRACTICE 12:30-1:45 PM COOKIE PARTY @ Anderson's @ 6:30 PM (10 & Unders)	PRACTICE 9-10:15 AM SPAGHETTI DINNER @ GARNER PARK @ 5:30 PM	REST, RELAX, AND STAY OUT OF THE SUN!	WARMUP @ PC 6:30-7:15 AM *8:30-9:15 AM ARRIVE @ HILL FARM BY 7:45 AM	WARMUP @ PC 10 & UNDERS @ 6:30-7:15 AM TEAM PICNIC @ PARKCREST @ 6:30 PM
11-12	@ Middleton	ALL-CITY WARMUP @ HILL FARM @ 7:45-9:00 AM TIE-DYE & SIGN MAKING @ 5 PM ON PC HILL	PRACTICE 9:30-10:45 AM MOVIE NIGHT @ TBA (11 & UP)	PRACTICE 9:30-10:45 AM	PRACTICE 8-9:15 AM SPAGHETTI DINNER @ GARNER PARK @ 5:30 PM	WARMUP @ PC 6:30-7:15 AM *8:30-9:15 AM ARRIVE @ HILL FARM BY 7:45 AM	REST, RELAX, AND STAY OUT OF THE SUN!	WARMUP @ PC 13 & UP @ 8:00-8:45 AM TEAM PICNIC @ PARKCREST @ 6:30 PM
13 & UP	@ Middleton	ALL-CITY WARMUP @ HILL FARM @ 7:45-9:00 AM 15-18 DUNCH @ 3:00 PM TIE-DYE & SIGN MAKING @ 5 PM @ PC HILL	PRACTICE 6:30-7:45 AM MOVIE NIGHT @ TBA (11 & UP)	PRACTICE 6:30-7:45 AM	PRACTICE 7-8:15 AM SPAGHETTI DINNER @ GARNER PARK @ 5:30 PM	WARMUP @ PC 6:30-7:15 AM *8:30-9:15 AM ARRIVE @ HILL FARM BY 7:45 AM	REST, RELAX, AND STAY OUT OF THE SUN!	WARMUP @ PC 13 & UP @ 8:00-8:45 AM TEAM PICNIC @ PARKCREST @ 6:30 PM

*THE LATE WARMUP TIMES ARE FOR SWIMMERS WITH THEIR FIRST EVENT AS I.M. OR BREASTSTROKE | ALL-CITY MEET STARTS @ 8:00 AM ALL THREE DAYS