






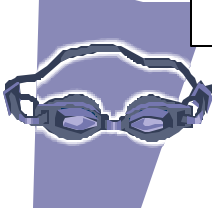






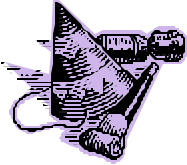


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Please note: Wednesday's will be dryland workouts for the advanced group, as well as, some of the beginners. (Coaches will decide who from the beginners.) Please bring tennis shoes and work out clothes on Wednesdays. Beginners will swim unless otherwise told.</p>			1 Porpoise Club 5:30-6:30	2	3
	4	5 Porpoise Club 5:30-6:30	6	7 Porpoise Club 5:30-6:30	8	9 eliminating racism empowering women <b>ywca</b>
11	12	13 Informational Parent meeting Lap pool @ 5:30pm Porpoise Club 5:30-6:30	14	15 Porpoise Club 5:30-6:30	16	17
18 	19 Swim Team Begins!!!! Beginners 5:30-6:30 Advanced 6:30-8:00	20 Nutrition Talk Beginners 5:30-6:30 Advanced 6:30-8:00	21 Officials Training 5:30-9:30 No STPSG mtg. Everyone 5:30-6:30	22 Beginners 5:30-6:30 Advanced 6:30-8:00	23	24
-----FREESTYLE WEEK-----						
25	26 Beginners 5:30-6:30 Advanced 6:30-8:00	27 Beginners 5:30-6:30 Advanced 6:30-8:00	28 GOAL SETTING Everyone 5:30-6:30	29 Beginners 5:30-6:30 Advanced 6:30-8:00	30 	31 
-----BACKSTROKE WEEK-----						








# October 2009





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div style="float: right; border: 1px solid black; padding: 2px;">1</div>	<div style="float: right; border: 1px solid black; padding: 2px;">2</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">3</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">4</div> <b>TEAM GOALS</b> Everyone 5:30-6:30	<div style="float: right; border: 1px solid black; padding: 2px;">5</div> Beginners 5:30-6:30 Advanced 6:30-8:00	 <div style="float: right; border: 1px solid black; padding: 2px;">6</div> <b>Girls High School State Diving Meet</b> Begins: 6:00pm	<div style="float: right; border: 1px solid black; padding: 2px;">7</div> <b>Girls High School State Swimming Meet</b> Begins 12:00 
----- <b>BREASTSTROKE WEEK</b> -----						
<div style="float: right; border: 1px solid black; padding: 2px;">8</div>	<div style="float: right; border: 1px solid black; padding: 2px;">9</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">10</div> <b>Team Pictures @ 5:30</b> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">11</div> <b>TEAM BUILDING ACTIVITY</b> Everyone 5:30-6:30	<div style="float: right; border: 1px solid black; padding: 2px;">12</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">13</div> <b>Dive in Movie reschedule for a later date. Shelley is moving</b>	<div style="float: right; border: 1px solid black; padding: 2px;">14</div>
----- <b>BUTTERFLY WEEK</b> -----						
 <div style="float: right; border: 1px solid black; padding: 2px;">15</div>	<div style="float: right; border: 1px solid black; padding: 2px;">16</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">17</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">18</div> <b>STPSG MTG 5:30-6:30</b> <b>INDIVIDUAL GOAL SETTING</b> Everyone 5:30-6:30	<div style="float: right; border: 1px solid black; padding: 2px;">19</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">20</div>	<div style="float: right; border: 1px solid black; padding: 2px;">21</div> <b>INTERSQUAD MEET</b> Warm ups 9:00 Meet starts: 10:00
----- <b>STARTS, TURNS &amp; RELAYS WEEK</b> -----						
<div style="float: right; border: 1px solid black; padding: 2px;">22</div>	<div style="float: right; border: 1px solid black; padding: 2px;">23</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">24</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="float: right; border: 1px solid black; padding: 2px;">25</div> <b>NO PRACTICE WEDNESDAY OR THURSDAY!</b>		<div style="float: right; border: 1px solid black; padding: 2px;">26</div>	<div style="float: right; border: 1px solid black; padding: 2px;">27</div>
<div style="float: right; border: 1px solid black; padding: 2px;">29</div>	<div style="float: right; border: 1px solid black; padding: 2px;">30</div> Beginners 5:30-6:30 Advanced 6:30-8:00	<div style="background-color: yellow; padding: 10px; border: 1px solid black;"> <p>Please note: Wednesday's will be dryland workouts for the advanced group, as well as, some of the beginners. (Coaches will decide who from the beginners.) Please bring tennis shoes and work out clothes on Wednesdays. Beginners will swim unless otherwise told.</p> </div>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beginner 5:30-6:30 Advanced 6:30-8:00	2 Goal Setting Everyone 5:30-6:30 Dryland for Advanced	3 Beginner 5:30-6:30 Advanced 6:30-8:00	4	5 <b>Home Meet</b> Warm ups 9am Meet Starts 10am  Knoxville, Riverfront, Newton, Grinnell
6	7 Beginner 5:30-6:30 Advanced 6:30-8:00	8 Beginner 5:30-6:30 Advanced 6:30-8:00	9 Goal Setting Everyone 5:30-6:30 Dryland for Advanced	10 Beginner 5:30-6:30 Advanced 6:30-8:00	11	12 <b>Away Meet</b> @ Black Hawk Warm ups: 9am Meet Starts: 10am  Marshalltown, Stoney Point, Charles City
13 eliminating racism empowering women <b>ywca</b>	14 Beginner 5:30-6:30 Advanced 6:30-8:00	15 Beginner 5:30-6:30 Advanced 6:30-8:00	16 STPSG Mtg. 5:30-6:30  Goal Setting Everyone 5:30-6:30 Dryland for Advanced	17 Beginner 5:30-6:30 Advanced 6:30-8:00	18	19 <b>Home Meet</b> Warm ups: 9 am Meet Starts: 10am  Walnut Creek, MACR Sharks (CR)
20	21 Beginner 5:30-6:30 Advanced 6:30-8:00 Video Tape Advanced Swimmers!	22 Beginner 5:30-6:30 Advanced 6:30-8:00 Video Tape Advanced Swimmers!	23 <b>NO PRACTICE!</b>	24  <b>NO PRACTICE!</b>	25  Merry Christmas!!	26
27 	28 Everyone 5:30-7:00	29 Everyone 5:30-7:00	30 <b>NO PRACTICE!</b>	31  <b>NO PRACTICE!</b>		

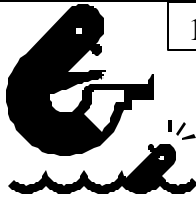
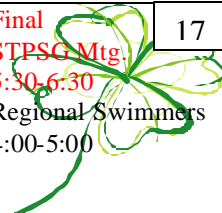


# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3	4 Beginner 5:30-6:30 Advanced 6:30-8:00	5 Beginner 5:30-6:30 Advanced 6:30-8:00	6 Goal Setting Everyone 5:30-6:30 Dryland for Advanced	7 Beginner 5:30-6:30 Advanced 6:30-8:00	8	9 <b>Home Meet</b> Warm ups: 9am Meet Starts: 10am  Wilton, Muscatine, Black Hawk, Charles City, Stoney Point
10 	11 Beginner 5:30-6:30 Advanced 6:30-8:00	12 Beginner 5:30-6:30 Advanced 6:30-8:00	13 Goal Setting Everyone 5:30-6:30 Dryland for Advanced	14 Beginner 5:30-6:30 Advanced 6:30-8:00	15	16 <b>Away Meet @ Knoxville</b> Warm ups: 8:30am Meet Starts: 9am  Marshalltown, Pella
17 eliminating racism empowering women <b>ywca</b>	18 Beginner 5:30-6:30 Advanced 6:30-8:00	19 Beginner 5:30-6:30 Advanced 6:30-8:00	20 STPSG Mtg. 5:30 – 6:30 Goal Setting Everyone 5:30-6:30 Dryland for Advanced	21 Beginner 5:30-6:30 Advanced 6:30-8:00	22	23 <b>Home Meet</b> Warm ups: 9am Meet Starts 10am  Waukee, Oskaloosa, Indianola
24	25 Beginner 5:30-6:30 Advanced 6:30-8:00	26 Beginner 5:30-6:30 Advanced 6:30-8:00	27 Sectional Goals Everyone 5:30-6:30 Dryland for Advanced	28 Beginner 5:30-6:30 Advanced 6:30-8:00	29 	30 <b>Y Triathlon</b>
31						

# January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Beginners 5:30-6:30 Advanced: 6:30-8:00	2 Beginners 5:30-6:30 Advanced: 6:30-8:00	3 Goal Setting Nutrition/ Taper Talk Everyone 5:30-6:30 Dryland for Advanced	4 Beginners 5:30-6:30 Advanced: 6:30-8:00	5	6 <b>Pre-State Invite</b> Warm ups: 9am Meet Starts: 10am
7	8 Beginners 5:30-6:30 Advanced: 6:30-8:00	9 Beginners 5:30-6:30 Advanced: 6:30-8:00	10 Everyone 5:30-6:30 Dryland for Advanced	11 Beginners 5:30-6:30 Advanced: 6:30-8:00	12	13 High School Boys State Meet Meet Starts: 12pm
-----IT'S TAPER TIME!!!!-----						
14 <b>SECTIONALS</b> Place: ANKENY Tme: TBA	15 Younger Swimmers 5:30-6:30 Older Swimmers 5:30-7:00	16 Younger Swimmers 5:30-6:30 Older Swimmers 5:30-7:00	17 STPSG Mtg. 5:30-6:30 STATE GOALS Everyone 5:30-6:30 Everyone Swims!	18 Younger Swimmers 5:30-6:30 Older Swimmers 5:30-7:00	19	20
-----REBUILDING WEEK!!!-----						
21	22 Younger Swimmers 5:30-6:30 Older Swimmers 5:30-7:00	23 Younger Swimmers 5:30-6:30 Older Swimmers 5:30-7:00	24 Everyone 5:30-6:30 Everyone Swims!	25 Younger Swimmers 5:30-6:30 Older Swimmers 5:30-7:00	26	27
-----LAST HARD WEEK!!!!-----						
28		Please note: Swimmers who do not qualify for the State Swim Meet are done with practices after the Sectional Meet. Thank you			 	

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>eliminating racism empowering women <b>ywca</b></p>	<p>1</p> <p>Younger swimmers 5:30-6:30 Older swimmers 5:30-7:00</p>	<p>2</p> <p>Younger swimmers 5:30-6:30 Older swimmers 5:30-7:00</p>	<p>3</p> <p>Everyone 5:30-6:30 <b>Everyone Swims!</b></p>	<p>4</p> <p>Younger swimmers 5:30-6:30 Older swimmers 5:30-7:00</p>	<p>5</p>	<p>6</p> <p><b>Boys Y Swimming Championships</b></p>
	<p><b>FINAL TAPER!!! GET LOTS OF REST AND EAT WELL!!!</b></p>					
<p>7</p> <p><b>Girls Y Swimming Championships</b></p>	<p>8</p> <p>Regional Swimmers 4:00-5:30</p>	<p>9</p> <p>Regional Swimmers 4:00-5:30</p>	<p>10</p> <p><b>Regional Goals</b> Regional Swimmers 4:00-5:00</p>	<p>11</p> <p>Regional Swimmers 4:00-5:30</p>	<p>12</p> 	<p>13</p>
<p>14</p> <p><b>End of Season Awards Banquet 5:00pm</b></p>	<p>15</p> <p>Regional Swimmers 4:00-5:30</p>	<p>16</p> <p>Regional Swimmers 4:00-5:30</p>	<p>17</p> <p><b>Final STPSG Mtg 5:30-6:30</b> Regional Swimmers 4:00-5:00</p> 	<p>18</p> <p>Regional Swimmers 4:00-5:30</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Regional Swimmers 4:00-5:30</p>	<p>23</p> <p>Regional Swimmers 4:00-5:30</p>	<p>24</p> <p>Regional Swimmers 4:00-5:00</p>	<p>25</p> <p>Regional Swimmers 4:00-5:30</p>	<p>26</p>	<p>27</p> <p><b>Midwest Regional Swimming Championships St. Paul, MN</b></p>
<p>28</p> <p><b>Midwest Regional Swimming Championships St. Paul, MN</b></p>	<p>29</p>	<p>30</p>	<p>31</p>			

March 2010