

****SWIMMERS – MAKE SURE YOU EAT LUNCH BEFORE PRACTICE- EAT BREAKFAST IN THE MORNING BEFORE MEETS!
 ! *You must take the Bus BOTH ways to and from meets! Return times to SVHS are approximate.**

FOR MEETS: Goggles, Team Suit, Team Swim Cap, TOWEL, WARM CLOTHES

PLEASE note the change of schedule on THURSDAY, April 23rd – we will NOT have a regular practice at Desert Breeze. We will be participating in a “practice” meet at the Adelson School with a few other local teams. This day counts as a practice! *The time for our meet on the 25th was also moved up.**



April 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Practice 2:00-3:30 at Desert Breeze Pool. Practice Bus leaves SVHS @ 1:30. No return bus 1	2	3 Swim-a-thon/Race the Teachers Fundraiser	4 FR/SO MEET @ DB Bus leaves SVHS @ 9:20 return ~2:15
5	SPRING BREAK WEEK – Practice at Desert Breeze 10:30-12:00						11 NO MEET TODAY
		6	7	8	9	10	
	SPRING BREAK PRACTICE – Make every effort to attend practice over break. Taking a week off in the middle of the season may be the difference between just missing a regional time and qualification!						
12	Practice 2:00-3:30 at Desert Breeze Pool. Practice Bus leaves SVHS @ 1:30. No return bus						18 Swim Meet @ DB vs. DESERT OASIS *Bus leaves SVHS @ 8:45 *returns ~1:45
	13	14	15	16	17		
	Practice 2:00-3:30 at Desert Breeze Pool. Practice Bus leaves SVHS @ 1:30. No return bus. NO PRACTICE @DB THURSDAY				Practice Meet @ Adelson Bus leaves SVHS @2:45 *returns ~5:30	24 REGULAR Practice today @ DB	25 Swim Meet @ DB vs. CLARK *Bus leaves SVHS @ 7:30 *returns ~12:15
19	20	21	22	23			
	Practice 2:00-3:30 at Desert Breeze Pool. Practice Bus leaves SVHS @ 1:30. No return bus						
26	27	28	29	30			

Pool Locations:
 DB (Desert Breeze)- 8275 W. Spring Mountain Rd., 89117
 Adelson School- 9700 West Hillpointe Road, 89134
Please show up and support your swimmer – Admission to all meets (except Regionals) is FREE!

END OF THE YEAR reminders: REGIONAL PRE-LIMS: Friday May 15th. MAKE SURE YOU EAT BREAKFAST AND LUNCH-NO Food is allowed at Desert Breeze! There will be 4-5 heats of every individual event. SWIM HARD!! The top 16 in each event (plus 17th and 18th place as alternates) advance to regional finals on Saturday. REGIONAL FINALS: Saturday May 16th. RELAYS will be swimming today, as well as the top 16 in each individual event. Make sure that you EAT before the meet! ADMISSION for Prelims and Finals: kids 7 and under Free, 62 and older free. Students \$4, Adults \$6.



May 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						Practice 2:00-3:30 at Desert Breeze Pool. Practice Bus leaves SVHS @ 1:30. No return bus	Swim Meet @ MG vs. SHADOW RIDGE *Bus leaves SVHS @ 7:20 *returns ~12:30	
3		Practice 2:00-3:30 at Desert Breeze Pool. Practice Bus leaves SVHS @ 1:30. No return bus						LAST CHANCE MEET @ Muni *Bus leaves SVHS @ 8:45 *returns ~3:00
10		Practice 2:00-3:30 at Desert Breeze Pool. Practice Bus leaves SVHS @ 1:30. No return bus					Sunset Regional Prelims @ DB *Bus leaves SVHS @ 3:00 *returns ~9:15	Sunset Regional FINALS @ DB *Bus leaves SVHS @ 11:50 *returns ~5:15
17		Practice 2-3:30 @DB (no bus) – STATE QUALIFIERS ONLY!!						
		Equipment issued by the team (boards-buoys-etc) MUST be returned this week. Athletes not returning equipment will NOT receive JV or Varsity Awards and will be fined.						
24		25 Memorial Day- No School	26	27	TEAM BANQUET TONIGHT!! time & place TBD			
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Pool Locations:
 MG (Mult-Gen Pool) - 250 S.Green Valley Parkway, 89012 @ Paseo Verde Dr.
 Muni (Municipal Pool) - 431 E. Bonanza @ LV Blvd., 89101
 DB (Desert Breeze)- 8275 W. Spring Mountain Rd., 89117

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