

# September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:		1	2	3	4	5
6	7	8	9 CPAL League Meeting 7 PM	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Notes:		

# October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b> <b>Regular Practice Times are as follows:</b> <b>Sandsharks Tu/Th 6-7 PM</b> <b>Tiger and Hammerheads M/W/F 6-7 PM</b> <b>Makos and Great Whites M-F 6-8 PM</b> <b>Please talk to the coaches if you have conflicts</b>				1	2	3
4	5	6	7	8	9	10
11	12	13	14 CPAL Scheduling Meeting 7:30 PM	15	16	17
18	19 First Day of Practice  New Swimmers 6-7 PM Returning 7-8 PM	20  New Swimmers 6-7 PM Returning 7-8 PM	21  New Swimmers 6-7 PM Returning 7-8 PM	22  New Swimmers 6-7 PM Returning 7-8 PM	23  New Swimmers 6-7 PM Returning 7-8 PM	24
25	26  Regularly Scheduled Practices Begin	27	28  NYAC Invite Entries Due	29  Trick or Treat No Practice	30	31

# November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Stroke and Turn Clinic @ Lampeter 1-3 PM	2	2	4	5	6	7 NYAC Invitational
8	9	10	11	12	13  Stroke and Turn Clinic @ Hershey 6 PM	14
15  <b>Suits---</b> <b>Try on week</b>	16	17	18	19	20	21
22	23	24 Purple And Gold Time Trials  Stroke and Turn Mechanicsburg 7-9	25  Purple and Gold Time Trials	26  No Practice Happy Thanksgiving	27  No Practice Shopping??	28
29	30 Last Day to Turn in Sub Order Forms	Notes: <b>Registration Deadline with Parks and Rec is Nov 13<sup>th</sup>.</b> Regular Practice Times are as follows: Sandsharks Tu/Th 6-7 PM Tiger and Hammerheads M/W/F 6-7 PM Makos and Great Whites M-F 6-8 PM Please talk to the coaches if you have conflicts				

# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:		1	2	3	4	5  @Big Spring 8:30 Warm up 9 AM Start
6	7	8	9 Subs Delivered to Pool at 6 PM	<b>10 SMSC Team Pictures 6 PM</b>	<b>11</b>	12  Dover Invite No Meet
13	14	<b>15 Sandsharks Practice 6-7 only</b>	<b>16</b>	<b>17</b>	18	19  @Waynesboro 12:30 Warmup 1 PM start Tentative times
20	21	22	23  <b>Holiday Party</b>	24  No Practice	25  No Practice	26  <b>No Meet</b>
27	28	29	30	31  No Practice	Notes: Regular Practice Times are as follows: Sandsharks Tu/Th 6-7 PM Tiger and Hammerheads M/W/F 6-7 PM Makos and Great Whites M-F 6-8 PM Please talk to the coaches if you have	

# January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:					1 No Practice	2 <b>No Meet</b>
3	4	5	6	7	8	9  @EPAC 8:30 Warm Up 9 AM Start
10 Snowflake Splash Invite	11	12	13	14	15	16  MASC Home 8 AM Warm Up 9 AM Start
17	18 <b>No Practice- MLK</b>	19	20	21	22	23 NYAC <del>Crossover Meet</del> <del>12:30 Warm Up</del> <del>1 PM Start</del>
24	25	26	27	28	29	30  Carlisle Home 8 AM Warm Up 9 AM Start
31	Notes: Regular Practice Times are as follows: Sandsharks Tu/Th 6-7 PM Tiger and Hammerheads M/W/F 6-7 PM Makos and Great Whites M-F 6-8 PM Please talk to the coaches if you have conflicts					

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	1	2	3	4	5	6 No Meet
7	8	9	10	11	12	13 No Meet
14 <b>WSY Valentine 9U @ CV</b>	15 <b>No Practice- President's Day</b>	16	17	18	19	20 Mechanicsburg Crossover Home 8 AM Warm Up 9 AM Start
21	22	23	24	25	26	27 Divisionals @ South Middleton Looking forward to lots of help
28 All Stars @ Cumberland Valley	Notes: Regular Practice Times are as follows: Sandsharks Tu/Th 6-7 PM Tiger and Hammerheads M/W/F 6-7 PM Makos and Great Whites M-F 6-8 PM Please talk to the coaches if you have conflicts					

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Notes:		