

# May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Penguin Parents Meeting - Oaks CC at 7:30pm	27	28
29	30	31 New swimmer evaluation Commons pool 4pm-7pm				

# June 2011

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<table border="1"> <thead> <tr> <th>AGE GROUP</th> <th>EARLY</th> <th>LATE</th> </tr> </thead> <tbody> <tr> <td>7<sup>th</sup> – 12<sup>th</sup> grade</td> <td>3:15pm-4:00pm</td> <td>7:00pm-7:45pm</td> </tr> <tr> <td>3<sup>rd</sup> – 6<sup>th</sup> grade</td> <td>4:00pm – 4:45pm</td> <td>6:15pm – 7:00pm</td> </tr> <tr> <td>2<sup>nd</sup> grade &amp; younger</td> <td>4:45pm – 5:30pm</td> <td>5:30pm – 6:15pm</td> </tr> </tbody> </table>			AGE GROUP	EARLY	LATE	7 <sup>th</sup> – 12 <sup>th</sup> grade	3:15pm-4:00pm	7:00pm-7:45pm	3 <sup>rd</sup> – 6 <sup>th</sup> grade	4:00pm – 4:45pm	6:15pm – 7:00pm	2 <sup>nd</sup> grade & younger	4:45pm – 5:30pm	5:30pm – 6:15pm	1 <i>EARLY practice</i> Commons pool	2 <i>EARLY practice</i> Commons pool	3 Suit Up will be at practice for team suit purchases. <i>EARLY practice</i> Commons pool	4 <i>Officials Training</i> Commons CC 8am – 11am
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5	6 <b>LATE practice</b> Commons pool	7 <b>LATE practice</b> Commons pool	8 <b>LATE practice</b> Commons pool	9 <b>LATE practice</b> Commons pool	10 <b>Penguin Social</b> <b>LATE practice</b> Commons pool	11 <i>Time Trials vs. Stingers</i> Commons CC 8am – 11am <i>Last day to withdraw for refund</i>												
12	13 <i>EARLY practice</i> Commons pool	14 <i>EARLY practice</i> Commons pool	15 <i>EARLY practice</i> Commons pool	16 <i>EARLY practice</i> Commons pool	17 <i>EARLY practice</i> Commons pool	18 <i>Dual meet vs. Franklin Farms</i> Commons CC meet start 8am												
19	20 <b>LATE practice</b> Commons pool	21 <i>Last day of school</i> <b>LATE practice</b> Commons pool	22 Practice-Landings <i>Developmental Meet vs. Saratoga (Away)</i>	23 Practice-Landings	24 Practice-Landings <b>Fun Friday</b> <b>Celebrity Sighting</b> <b>(later practice times)</b>	25 <i>Dual meet vs. South Riding</i> AWAY - meet start 8am												
26	27 Practice-Landings <b>Ice cream social &amp; pep rally at Landings pool 7-8pm.</b>	28 Practice-Landings <b>8 &amp; under trip to Splashdown (rain date June 30)</b>	29 Practice-Landings <i>Developmental Meet vs. Franklin Glen (Away)</i>	30 Practice-Landings														
		<b>Morning Practice Schedule</b> <table border="1"> <tbody> <tr> <td>11 &amp; older</td> <td>7:15am-8:30am</td> </tr> <tr> <td>9 &amp; 10</td> <td>8:25am – 9:30am</td> </tr> <tr> <td>8 and under</td> <td>9:25am – 10:15am</td> </tr> </tbody> </table>		11 & older	7:15am-8:30am	9 & 10	8:25am – 9:30am	8 and under	9:25am – 10:15am		<b>FUN FRIDAY PRACTICE SCHEDULE</b> <table border="1"> <tbody> <tr> <td>11 &amp; older</td> <td>8:00am-9:00am</td> </tr> <tr> <td>9 &amp; 10</td> <td>8:45am – 9:45am</td> </tr> <tr> <td>8 and under</td> <td>9:30am – 10:15am</td> </tr> </tbody> </table>		11 & older	8:00am-9:00am	9 & 10	8:45am – 9:45am	8 and under	9:30am – 10:15am
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# July 2011

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					1 Practice-Landings <b>Team pictures during practice. Fun Friday- Show your spirit (later practice times)</b>	2 <b>Dual meet vs. Broadlands</b> AWAY - meet start 8am												
3	4 No practice. <b>Penguins watch fireworks at Fairfax HS.</b> <b>HOLIDAY</b>	5 Practice-Landings	6 Practice-Landings <b>Developmental Meet vs. Chantilly Highlands</b> Home - Commons	7 Practice-Landings <b>Team pictures @ 8:15am. 9,10,11&amp;12 Tubing trip (rain date July 11)</b>	8 Practice- Landings <b>Fun Friday Super Hero Day (later practice times)</b>	9 <b>Dual meet vs. Cascades</b> HOME - meet start 8am <b>SWIM-A-THON, Landings, 6pm-11pm.</b>												
10 <b>CSL Relay Carnival Away @ Sugarland Run meet start 8am</b>	11 Practice-Landings <b>Penguin Crab feast Oaks pool, 6pm</b>	12 Practice-Landings <b>CSL Kings Dominion Day.</b>	13 Practice-Landings <b>Developmental Meet vs. Stingers</b> Home - Commons	14 Practice-Landings	15 Practice- Landings <b>Fun Friday Movie Mayhem (later practice times)</b>	16 <b>Dual meet vs. Ashburn Village</b> HOME - meet start 8am												
17 <b>Possible teen beach trip – NEED coordinator!!!</b>	18	19	20 <b>Make-up Meet (if needed) or Lollipop meet</b> ; Home-Commons	21	22	23 <b>CSL Red Divisionals</b> AWAY @ Cascades												
Practice for <b>DIVISIONAL</b> swimmers only @ the Landings Pool – Time TBD																		
24 <b>PENGUIN End-of-season party at Commons!</b>	25	26	27	28	29	30 <b>CSL All-Star Meet</b> AWAY @ Countryside												
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