

May 2008

Donaldson Run Thunderbolts

5/12-5/30 After School Practice :
4:00-5:15pm - 9 & Up
5:00-6:00pm - 8 & Under
(6 & under start 5/27)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 POOL OPENS!
11 ICE CREAM SOCIAL AND TEAM REGISTRATION 4:00-6:00PM	12 <i>AFTER SCHOOL PRACTICE STARTS FOR 7 AND OVER</i>	13 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	14 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	15 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	16 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	17
18	19 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	20 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	21 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	22 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	23 <i>AFTER SCHOOL PRACTICE FOR 7 AND OVER</i>	24
25	26 <i>MEMORIAL DAY— NO PRACTICE</i>	27 <i>AFTER SCHOOL PRACTICE FOR ALL (INCLUDING 6 AND UNDER)</i>	28 <i>AFTER SCHOOL PRACTICE FOR ALL</i>	29 <i>AFTER SCHOOL PRACTICE FOR ALL</i>	30 <i>AFTER SCHOOL PRACTICE FOR ALL</i>	31 NVSL UNIVERSITY 8AM-1PM

6/2--6/20

After School Practice :
4:00-5:15pm 9 & Up
5:00-6:00pm 8 & Under

June 2008

Donaldson Run Thunderbolts

Starting 6/23—MORNING PRACTICES
 7:45-9:15AM -11-18 (EXCEPT FRIDAYS*)
 9:00-10:15AM - 9-10 (EXCEPT FRIDAYS*)
 10:00-10:45AM - DEVELOPMENTAL SWIMMERS
 10:15-11:15AM - 8 & UNDER
 *FRIDAYS: 11-12 SWIMMERS SWIM 9:00-10:15AM
Starting 6/23—AFTERNOON CLINICS/PRACTICES
 4:00-5:00PM - 11 AND UP
 5:00-6:00pm - 10 AND UNDER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>AFTER SCHOOL PRACTICE</i>	3 <i>AFTER SCHOOL PRACTICE</i>	4 <i>AFTER SCHOOL PRACTICE</i>	5 <i>AFTER SCHOOL PRACTICE</i>	6 <i>AFTER SCHOOL PRACTICE</i>	7
8	9 <i>AFTER SCHOOL PRACTICE</i>	10 <i>AFTER SCHOOL PRACTICE</i>	11 <i>AFTER SCHOOL PRACTICE</i>	12 <i>AFTER SCHOOL PRACTICE</i>	13 <i>AFTER SCHOOL PRACTICE</i> 6PM—SPIRIT EVENT-CHEERING CONTEST	14 TIME TRIALS 9AM @DRRA
15	16 6PM—B MEET @ HIGH POINT POOL	17 <i>AFTER SCHOOL PRACTICE</i>	18 <i>AFTER SCHOOL PRACTICE</i>	19 <i>AFTER SCHOOL PRACTICE</i>	20 <i>AFTER SCHOOL PRACTICE</i> 6PM-SCHOOL'S OUT PARTY	21 9AM —A MEET @ HUNTER MILL
22	23 <i>MORNING PRACTICE</i> 6PM—B MEET WITH OVERLEE @ DRRA	24 <i>MORNING PRACTICE</i> <i>AFTERNOON PRACTICE</i>	25 <i>MORNING PRACTICE</i> <i>AFTERNOON PRACTICE</i>	26 <i>MORNING PRACTICE</i> <i>AFTERNOON PRACTICE</i>	27 <i>MORNING PRACTICE & COACHES/TEAM BREAKFAST</i> 6PM-PASTA DINNER	28 9AM —A MEET WITH OAKTON @ DRRA
29	30 9AM—INTRA-TEAM MEET INSTEAD OF MORNING PRACTICE—DETAILS TO FOLLOW (no B Meet)					

July-August 2008

Donaldson Run Thunderbolts

MORNING PRACTICES
 7:45-9:15AM -11-18 (EXCEPT FRIDAYS*)
 9:00-10:15AM - 9-10 (EXCEPT FRIDAYS*)
 10:00-10:45AM - DEVELOPMENTAL SWIMMERS
 10:15-11:15AM - 8 & UNDER
 *FRIDAYS: 11-12 SWIMMERS SWIM 9:00-10:15AM
AFTERNOON CLINICS/PRACTICES
 4:00-5:00PM - 11 AND UP
 5:00-6:00pm - 10 AND UNDER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 MORNING PRACTICE NO AFTERNOON PRACTICE (DIVE MEET)	2 MORNING PRACTICE AFTERNOON PRACTICE PICTURE DAY!!	3 MORNING PRACTICE AFTERNOON PRACTICE	4 NO PRACTICE!! ALL ARLINGTON RELAYS HAPPY 4TH OF JULY!!	5 9AM—A MEET @ FAIRFAX STATION
6	7 MORNING PRACTICE 6PM—B MEET @ LEE GRAHAM	8 MORNING PRACTICE NO AFTERNOON PRACTICE (DIVE MEET)	9 MORNING PRACTICE NO PM PRACTICE 4PM—RELAY CARNIVAL @ DRRR	10 MORNING PRACTICE AFTERNOON PRACTICE	11 MORNING PRACTICE & COACHES/TEAM BREAKFAST 6PM—8 & UNDER PARTY	12 9AM—A MEET @ VIENNA WOODS
13 9AM—POOL FAMILIARIZATION @ SPRINGBOARD	14 MORNING PRACTICE 6PM—B MEET @ ARLINGTON FOREST	15 MORNING PRACTICE AFTERNOON PRACTICE	16 MORNING PRACTICE NO PM PRACTICE 4PM—ALL STAR RELAYS @ SPRINGBOARD	17 MORNING PRACTICE AFTERNOON PRACTICE	18 MORNING PRACTICE & COACHES/TEAM BREAKFAST 6PM—SWIM TEAM BAKE-OFF!!!!	19 9AM—A MEET WITH TUCKAHOE @ DRRR 7-10 PM—9 & OVER PARTY
20	21 MORNING PRACTICE 6PM—B MEET WITH CHESTER-BROOK @ DRRR	22 PRACTICE FOR DIVISIONAL SWIMMERS ONLY	23 PRACTICE FOR DIVISIONAL SWIMMERS ONLY	24 PRACTICE FOR DIVISIONAL SWIMMERS ONLY	25 PRACTICE FOR DIVISIONAL SWIMMERS ONLY	26 8AM—DIVISIONAL MEET @ TUCKAHOE 6PM—AWARDS DINNER
27	28 PRACTICE FOR ALL STAR SWIMMERS ONLY	29 PRACTICE FOR ALL STAR SWIMMERS ONLY	30 PRACTICE FOR ALL STAR SWIMMERS ONLY	31 PRACTICE FOR ALL STAR SWIMMERS ONLY	August 1 PRACTICE FOR ALL STAR SWIMMERS ONLY	August 2 INDIVIDUAL ALL STARS @ LITTLE ROCKY RUN