

AFTER SCHOOL PRACTICE TIMES

4:00-5:15PM – 11 & Up

5:00-6:00PM – 9-10

(8 & under and Swim Tests start 5/26)

 **DRRA THUNDERBOLTS**  **May 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9 POOL OPENS!
10 MOTHER'S DAY!	11	12	13	14	15	16
17 4-6PM—ICE CREAM SOCIAL – MEET THE COACHES!	18 <i>AFTER SCHOOL PRACTICE FOR 9 AND OVER</i>	19 <i>SWIM CLINIC WITH MIKE CLARK FOR 9 AND OVER</i>	20 <i>AFTER SCHOOL PRACTICE FOR 9 AND OVER</i>	21 <i>AFTER SCHOOL PRACTICE FOR 9 AND OVER</i>	22 <i>AFTER SCHOOL PRACTICE FOR 9 AND OVER</i>	23
24	25 MEMORIAL DAY— NO PRACTICE	26 <i>AFTER SCHOOL PRACTICE FOR 8 &amp; UNDER AND SWIM CLINIC FOR 9 &amp; OVER</i>	27 <i>AFTER SCHOOL PRACTICE</i>	28 <i>AFTER SCHOOL PRACTICE</i>	29 <i>AFTER SCHOOL PRACTICE</i>	30 9-10AM— <i>SWIM CLINIC WITH MIKE CLARK FOR 9 &amp; OVER SWIMMERS</i>
31						

MORNING PRACTICE TIMES

7:45-9:15AM -11-18

9:00-10:15AM - 9-10

10:00--11:15AM - 8 & UNDER

AFTERNOON PRACTICE TIMES

4:00-5:00PM - 11 AND UP

5:00-6:00PM - 10 AND UNDER



**DRRA THUNDERBOLTS**



**June 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 AFTER SCHOOL PRACTICE FOR 8 & UNDER AND SWIM CLINIC FOR 9 & OVER	3 AFTER SCHOOL PRACTICE	4 AFTER SCHOOL PRACTICE	5 AFTER SCHOOL PRACTICE	6 9-10AM—SWIM CLINIC WITH MIKE CLARK FOR 9-10 SWIMMERS NVSL UNIVERSITY 8AM-1PM
7	8 AFTER SCHOOL PRACTICE	9 AFTER SCHOOL PRACTICE	10 AFTER SCHOOL PRACTICE	11 AFTER SCHOOL PRACTICE	12 AFTER SCHOOL PRACTICE	13 <b>9AM—TIME TRIALS AT DRRA</b>
14	15 AFTER SCHOOL PRACTICE	16 AFTER SCHOOL PRACTICE	17 AFTER SCHOOL PRACTICE	18 MORNING PRACTICE  AFTERNOON PRACTICE	19 MORNING PRACTICE  6PM--PASTA DINNER	20 <b>9AM—A MEET— DRRA @ TUCKAHOE</b>
21	22 MORNING PRACTICE  <b>6PM—B MEET @ OVERLEE</b>	23 MORNING PRACTICE  AFTERNOON PRACTICE	24 MORNING PRACTICE  AFTERNOON PRACTICE	25 MORNING PRACTICE  AFTERNOON PRACTICE	26 MORNING PRACTICE PANCAKE BREAKFAST SPIRIT EVENT (NO PM PRACTICE)	27 <b>9AM—A MEET— OAKTON @ DRRA</b>
28	29 <b>9AM—INTRA- TEAM MEET @ DRRA</b>	30 MORNING PRACTICE  <u>NO AFTERNOON PRACTICE</u>				

MORNING PRACTICE TIMES

7:45-9:15AM -11-18

9:00-10:15AM - 9-10

10:00--11:15AM - 8 & UNDER

AFTERNOON PRACTICE TIMES

4:00-5:00PM - 11 AND UP

5:00-6:00PM - 10 AND UNDER

 **DRRA THUNDERBOLTS**  **July-August 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>MORNING PRACTICE</i>  <i>AFTERNOON PRACTICE</i>	2 <i>MORNING PRACTICE</i>  <i>AFTERNOON PRACTICE</i>	3 <i>MORNING PRACTICE</i> PANCAKE BREAKFAST SPIRIT EVENT <i>(NO PM PRACTICE)</i>	4 <b>9AM—A MEET— DRRA @ HUNTER MILL</b>
5	6 <i>MORNING PRACTICE</i>  <b>6PM—B MEET @ LEE GRAHAM</b>	7 <i>MORNING PRACTICE</i>  <i>NO AFTERNOON PRACTICE</i>	8 <i>MORNING PRACTICE</i>  <b>6PM--RELAY CARNIVAL @ OAKTON</b>	9 <i>MORNING PRACTICE</i> <i>AFTERNOON PRACTICE</i> 6PM—8 & UNDER PARTY FOR SWIM AND DIVE TEAM	10 <i>MORNING PRACTICE</i> PANCAKE BREAKFAST SPIRIT EVENT <i>(NO PM PRACTICE)</i>	11 <b>9AM—A MEET— LEE GRAHAM @ DRRA</b>
12	13 <i>MORNING PRACTICE</i> <b>6PM—B MEET @ DRRA VS. ARLINGTON FOREST</b>	14 <i>MORNING PRACTICE</i>  <i>AFTERNOON PRACTICE</i>	15 <i>MORNING PRACTICE</i>  <b>4PM--ALL STAR RELAYS @ SPRINGBOARD</b>	16 <i>MORNING PRACTICE</i>  <i>NO AFTERNOON PRACTICE</i>	17 <i>MORNING PRACTICE</i> PANCAKE BREAKFAST 5PM—BAKE-OFF <i>(NO PM PRACTICE)</i>	18 <b>9AM—A MEET— MCLEAN @ DRRA</b> 9 AND OVER PARTY FOR SWIM AND DIVE TEAM
19	20 <i>MORNING PRACTICE</i>  <b>6PM—B MEET @ CHESTERBROOK</b>	21 <i>MORNING PRACTICE</i> <i>FOR DIVISIONAL SWIMMERS ONLY</i>	22 <i>MORNING PRACTICE</i> <i>FOR DIVISIONAL SWIMMERS ONLY</i>	23 <i>MORNING PRACTICE</i> <i>FOR DIVISIONAL SWIMMERS ONLY</i>	24 <i>MORNING PRACTICE</i> <i>FOR DIVISIONAL SWIMMERS ONLY</i>	25 <b>8AM-DIVISIONALS @ LEE-GRAHAM</b>  TEAM DINNER AND AWARD CEREMONY
26	27 <i>MORNING PRACTICE</i> <i>FOR ALL STAR SWIMMERS ONLY</i>	28 <i>MORNING PRACTICE</i> <i>FOR ALL STAR SWIMMERS ONLY</i>	29 <i>MORNING PRACTICE</i> <i>FOR ALL STAR SWIMMERS ONLY</i>	30 <i>MORNING PRACTICE</i> <i>FOR ALL STAR SWIMMERS ONLY</i>	31 <i>MORNING PRACTICE</i> <i>FOR ALL STAR SWIMMERS ONLY</i>	AUGUST 1 <b>INDIVIDUAL ALL STARS @ BROYHILL FOREST</b>