



August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						
1	2	3	4 Regular Exec meeting	5	6	7
8	9 Submit Club Affiliation papers to SO	10 Ontario Summer Games (Sudbury)	11 Ontario Summer Games (Sudbury)	12 Ontario Summer Games (Sudbury)	13 Ontario Summer Games (Sudbury)	14
15 (Week 1)	16	17	18	19	20	21
22	23	24 DDIn for Club affiliation	25	26	27	28
29	30	31				

2010

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Regular Exec meeting Coaches registration (CSCTA,SNC, SO)	2	3	4
5	6	7	8	9	10	11
POOL CLOSED – ANNUAL MAINTENANCE AND REPAIRS						
12	13	14	15	16	17	18 ROO Registration (Pool Lobby)
POOL CLOSED – ANNUAL MAINTENANCE AND REPAIRS						
19 (Week 1)	20	21	22	23	24 NEOR AGM (Sudbury)	25 No Practice NEOR AGM (Sudbury)
Modified Practice Schedule Dry Land Training						
26 (Week 2) NEOR AGM (Sudbury)	27 Regular schedule	28 FIT S1 START Regular schedule	29 Regular Practice	30 Regular schedule		

2010

October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 Regular schedule	2 Regular schedule
3 (Week 3)	4 ROO S1 START Regular schedule	5 Regular schedule FIT S1 W2	6 General Meeting Regular schedule	7 Regular schedule	8 Regular schedule	9 Regular schedule
10 (Week 4)	11 (Thanksgiving) No Practice ROO S1 W2	12 Regular schedule FIT S1 W3	13 Regular Exec meeting Regular schedule	14 Regular schedule	15 Regular schedule	16 Regular schedule
17 (Week 5)	18 Regular schedule ROO S1 W3	19 Regular schedule FIT S1 W4	20 Regular schedule	21 Regular schedule	22 Regular schedule	23 NEOR 1 (Sudbury)
24 (Week 6)	25 Regular schedule ROO S1 W4	26 Regular schedule FIT S1 W5	27 Regular schedule	28 Regular schedule	29 Regular schedule	30 Regular schedule
31 (Week 7)						

2010

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Regular schedule ROO S1 W5	2 Regular schedule FIT S1 W6	3 Regular Exec meeting Regular schedule	4 Regular schedule	5 Regular schedule	6 Regular schedule
7 (Week 8) ROO S1 W6	8 Regular schedule	9 Regular schedule FIT S1 W7	10 Regular schedule	11 Regular schedule	12 Joey Calzone	13 Joey Calzone
14 (Week 9) ROO S1 W7 Joey Calzone	15 Regular schedule	16 Regular schedule FIT S1 W8	17 Regular schedule	18 Regular schedule	19 Regular schedule	20 Regular schedule
21 (Week 10) ROO S1 W8	22 Regular schedule	23 Regular schedule FIT S1 W9	24 Regular schedule	25 Regular schedule	26 Regular schedule	27 Regular schedule
28 (Week 11) ROO S1 W9	29 Regular schedule	30 Regular schedule FIT S1 W10				

2010

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Regular Exec meeting Regular schedule	2 Regular schedule	3 Regular schedule	4 Regular schedule
5 (Week 12) ROO S1 W10	6 Regular schedule	7 Regular schedule FIT S1 W11	8 Regular schedule	9 Regular schedule	10 Regular schedule	11 Regular schedule
12 (Week 13) ROO S1 W11	13 Regular schedule	14 Regular schedule FIT S2 START	15 Regular schedule	16 ROO S1 END Regular schedule	17 Regular schedule	18 Regular schedule
19 (Week 14)	20 Regular schedule	21 Regular schedule FIT S2 W2	22 Regular schedule	23	24	25
				CHRISTMAS BREAK		
26 (Week 15)	27	28 FIT S2 W3	29	30	31	
	CHRISTMAS BREAK – Modified Practice Schedule					

2010

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 (Week 16)	3 Regular schedule ROO S2 START	4 Regular schedule FIT S2 W4	5 Regular schedule Regular Exec meeting	6 Regular schedule	7 Regular schedule	8 Regular schedule
CHRISTMAS BREAK						
9 (Week 17)	10 Regular schedule ROO S2 W2	11 Regular schedule FIT S2 W5	12 Regular schedule	13 Regular schedule	14 Regular schedule	15 Regular schedule
16 (Week 18)	17 Regular schedule ROO S2 W3	18 Regular schedule FIT S2 W6	19 Regular schedule	20 Regular schedule	21 Regular schedule	22 Regular schedule
23 (Week 19)	24 Regular schedule ROO S2 W4	25 Regular schedule FIT S2 W7	26 Regular schedule	27 Regular schedule	28 Regular schedule	29 Regular schedule
30 (Week 20)	31 Regular schedule ROO S2 W5					

2011

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Regular schedule FIT S2 W8	2 Regular schedule Regular Exec meeting	3 Regular schedule	4 Dave Kensit (SSM) No Practice	5 Dave Kensit (SSM) No practice
6 (Week 21) Dave Kensit	7 Regular schedule ROO S2 W6	8 Regular schedule FIT S2 W9	9 Regular schedule	10 Regular schedule	11 Regular schedule	12 Regular schedule
13 (Week 22)	14 Regular schedule ROO S2 W7	15 Regular schedule FIT S2 W10	16 Regular schedule	17 Regular schedule	18 Easterns (London) Regular schedule	19 Easterns (London) Regular schedule
20 Easterns (london) (Week 22)	21 (Family Day) No Practice ROO S2 W8	22 Regular schedule FIT S2 W11	23 Regular schedule	24 Provincials (Nepean) Regular schedule	25 Provincials (Nepean) Regular schedule	26 Provincials (Nepean) Regular schedule
Receipt for Child Tax Credit will be prepared and placed in your mailbox						
27 Provincials (Nepean) Omni Top Fish (Sudbury) (Week 24)	28 Regular schedule ROO S2 W9					

2011

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 FIT S3 START Regular schedule	2 Regular Exec meeting Regular schedule	3 Regular schedule	4 Regular schedule	5 Regular schedule
6 (Week 25)	7 Regular schedule ROO S2 W10	8 Regular schedule FIT S3 W2	9 Regular schedule	10 Regular schedule ROO S2 END	11	12
					MARCH BREAK	
13 (Week 26)	14	15 FIT S3 W3	16	17	18	19
MARCH BREAK – Modified Practice Schedule						
20 (Week 27)	21 Regular schedule ROO S3 W1	22 Regular schedule FIT S3 W4	23 Regular schedule	24 Regular schedule	25 Regular schedule	26 SWIM-A-THON
27 (Week 28)	28 Regular schedule ROO S3 W2	29 Regular schedule FIT S3 W5	30 Regular schedule	31 Regular schedule		

2011

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 Regular schedule	2 NEOR 4 (Valley East) Regular schedule
3 NEOR 4 (Valley East) (Week 29)	4 Regular schedule ROO S3 W3	5 FIT S3 W6	6 Regular Exec meeting Regular schedule	7 Regular schedule	8 Regular schedule	9 Regular schedule
10 (Week 30)	11 ROO S3 W4 Regular schedule	12 FIT S3 W7 Regular schedule	13 Regular schedule	14 Regular schedule	15 Team Champs (Brantford) Regular schedule	16 Team Champs (Brantford) Regular schedule
17 Team Champs (Brantford) (Week 31)	18 ROO S3 W5 Regular schedule	19 FIT S3 W8 Regular schedule	20 Regular schedule	21 Regular schedule	22 (Good Friday) No Practice	23 Regular schedule
24 (Week 32)	25 (Easter Monday) Regular schedule ROO S3 W6	26 Regular schedule FIT S3 W9	27 Regular schedule	28 Regular schedule	29 Regular schedule	30 Regular schedule
						

2011

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
1 (Week 33)	2 Regular schedule ROO S3 W7	3 "PICTURE DAY" FIT S3 W10	4 Regular Exec meeting	5 Regular schedule	6 Regular schedule	7 Fred Rams (Timmins) Regular schedule
8 Fred Rams (Timmins) (Week 34)	9 Regular schedule ROO S3 W8	10 Regular schedule FIT S3 W11	11 Regular schedule	12 Regular schedule	13 East Side Marios (Sudbury) Regular schedule	14 East Side Marios (Sudbury) Regular schedule
15 East Side Marios (Sudbury) (Week 35)	16 Regular schedule ROO S3 W9	17 Regular schedule FIT S4 START	18 Regular schedule	19 Regular schedule	20 Regular schedule	21 Regular schedule
22 (Week 36)	23 (Victoria Day) ROO S3 W10	24 FIT S4 W2	25 Regular schedule	26 Regular schedule	27 LC Meet (TBD) Regular schedule	28 LC Meet (TBD) Regular schedule
29 LC Meet (TBD) (Week 37)	30 Regular schedule ROO S3 W11	31 Regular schedule FIT S4 W3				

2011

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Regular Exec meeting	2 ROO S3 - END	3 Regular schedule	4 Regular schedule
5 (Week 38)	6 Regular schedule	7 Regular schedule FIT S4 W4	8 Regular schedule	9 Regular schedule	10 Dr Tihanyi (Sudbury) No practice	11 Dr Tihanyi (Sudbury) No practice
Last week of regular practices for levels 3, 4, 5						
12 Dr Tihanyi (Sudbury) No practice (Week 39)	13 SSMAC BANQUET SSMAC AGM	14 FIT S4 W5	15	16	17	18
19 (Week 40) SSMAC BANQUET	20	21 FIT S4 W6	22	23	24	25
26 (Week 41)	27	28 FIT S4 W7	29	30 Provincials (Etobicoke)		
Last week of regular practices for levels 1,2						


2011

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Provincials (Etobicoke)	2 Provincials (Etobicoke)
3 Provincials (Etobicoke) (Week 42)	4 No practice	5 FIT S4 W8	6 Regular Exec meeting	7	8	9
Modified training schedule (6:00-7:30 - Tue-Sat)						
10 (Week 43)	11	12 FIT S4 W9	13	14	15	16
Modified training schedule (6:00-7:30 - Mon-Sat)						
17 (Week 44)	18	19 FIT S4 W10	20	21 FIT S4 END Summer Nationals (Montreal)	22 Summer Nationals (Montreal)	23 Summer Nationals (Montreal)
Modified training schedule (6:00-7:30 - Mon-Sat)						
24 Summer Nationals (Montreal)	25	26	27 Age Group Nationals (Montreal)	28 Age Group Nationals (Montreal)	29 Age Group Nationals (Montreal)	30 Age Group Nationals (Montreal)
Modified training schedule 6:00-7:30 Mon?						
31 Age Group Nationals (Montreal) dd line for SAT Packages to SO						

2011

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3 Regular Exec meeting	4	5	6
7	8 Submit Club Affiliation papers to SO	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2011