



















DELAWARE SWIM TEAM



MARCH, 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 1 REGIONALS ENTRIES DUE	2	 3 MINI CHAMPS ENTRIES DUE	 4 AUSTIN GRAND PRIX	 5 AUSTIN GRAND PRIX	 6 AUSTIN GRAND PRIX
7	 8 SR CHAMPS ENTRIES DUE	9	10	 11 JR OLYMPICS	 12 JR OLYMPICS	 13 JR OLYMPICS
 14 JR OLYMPICS	15	16	 17 HAPPY ST. PADDY'S DAY	18	19	 20 MINI CHAMPS
 21 MINI CHAMPS	22	23	24	 25 SECTIONALS	 26 REGIONALS/ SECTIONALS/ SR CHAMPS	 27 REGIONALS/ SECTIONALS/ SR CHAMPS
 28 REGIONALS/ SECTIONALS/ SR CHAMPS	 29 SPRING PROGRAM BEGINS	30	31			



MARCH PRACTICE ADJUSTMENTS



No Senior Morning practices in March

Texas Grand Prix

*Due to our swimmers and staff attending the Texas Grand Prix
the following practice changes will be implemented:*

Wednesday March 3rd through Sunday March 7th

Senior National, Green, & New Castle Supers will practice together

Wednesday 3/3: 3:30-6:00pm @ DSFC NC- no Sr Green Pike Creek practice

Thursday 3/4: 3:30-6:00pm @ DSFC NC- no Sr Green/ Super 6:00pm practice

Friday 3/5: 3:30-6:00pm @ DSFC NC

Saturday 3/6: 7:00-9:00am @ DSFC NC- no Sr Green/Super 12:00pm practice

Sunday 3/7: NO Senior National Practices

MA Junior Olympics

*Due to our swimmers and staff attending MA Junior Olympics
the following practice changes will be implemented:*

Thursday March 11th through Sunday March 14th

Thursday 3/11: No Supers practice @ DSFC NC

Thursday 3/11: Senior Green @ PS DuPont w/ Sr. Blue

Friday 3/12: NO Super, Mighty, or Wonders practices at Pike Creek

CIP & PC Supers, Mighty, Wonders and coaches will practice together at the University of Delaware. 5:30-7:00pm @ CIP

Saturday 3/13: Senior Green practice 7:00-10:00am @ PS DuPont w/ Sr. Blue

Mini Championships

*Due to our swimmers and staff attending Mini Championships
the following practice changes will be implemented:*

Saturday March 20th & Sunday March 21st

No Pups Practices at any location

9 & older Pups swimmers may swim Wonders practices

Senior Champs, Sectionals, & Regional Championships

*Due to our club hosting and/or our swimmers and staff attending these meets
the following practice changes will be implemented::*

Friday March 26th & Sunday March 28th

Practice opportunities for swimmers not participating in these events will be announced through the website and team email.

DST's Spring Program begins Monday March 29.

Stay tuned to www.delawareswimteam.com for details

