










DELAWARE SWIM TEAM



April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	 3 Regionals Meet FISH Derby Entries Due	 4 Regionals Meet
 5 Regionals Meet	 6 Spring Program Begins! GPAC Derby Entries Due	7	8	9	10	 11 Team Run @ New Castle
 12 Easter	13	14	15	16	 17 RSVPs due for Team Banquet	18
19	20	21	22	 23 Nutritionist 5:30 @ PC	24	 25 Team Banquet Team Run @ New Castle
26	27	28	29	30		



April Practice Changes

REGIONALS MEET APRIL 3-5

Friday, April 3rd

No Age Group or Advanced Age Group at New Castle

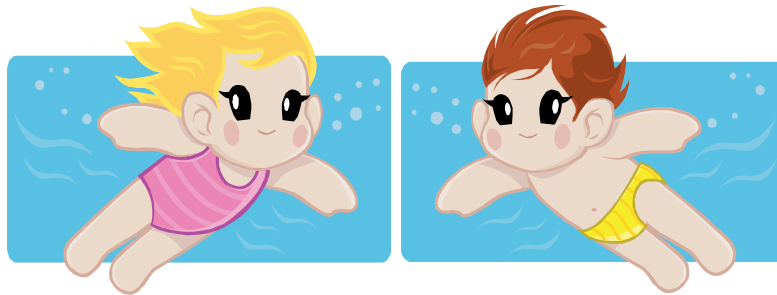
Sunday, April 5th

No Age Group or Advanced Age Group at any location



Sunday, April 12th (Easter)

No practices at any location



Senior Morning Practices

Week of April 6th: Mon & Fri only

Week of April 13th: NONE

Week of April 20th: Mon, Wed, & Fri

Week of April 27th: Mon, Wed, & Fri