

Cloverdale Tritons 2017 Schedule

June 19- June 30

****Note swimmers need to arrive ready for the yellow bolded times. Sometimes dryland is before swim and sometimes it is after****

Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at	Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at	Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at																		
Rachael	Senior	Monday	4:00pm	5:00pm	6:00pm	Morganne	Junior 1	Monday	6:15am	6:30am	7:30am	Alex	Junior2	Monday	6:15am	6:30am	7:30am																		
		Tuesday	6:00am	6:15am	7:30am			Monday	5:00pm	3:45pm	5:30pm			Monday	5:00pm	3:45pm	5:30pm																		
		Tuesday	3:45pm	4:00pm	6:00pm			Tuesday	4:30pm	5:00pm	6:00pm			Tuesday	4:30pm	5:00pm	6:00pm																		
		Wednesday	6:00pm	3:45pm	6:30pm			Wednesday	6:15am	6:30am	7:30am			Wednesday	6:15am	6:30am	7:30am																		
		Thursday	6:00am	6:15am	7:30am			Thursday	5:00pm	3:45pm	5:45pm			Thursday	5:00pm	3:45pm	5:45pm																		
		Thursday	6:30pm	7:30pm	8:30pm			Friday	3:45pm	4:00pm	5:00pm			Friday	3:45pm	4:00pm	5:00pm																		
		Friday	4:00pm	5:00pm	6:00pm																														
Session 2 Begins June 19th																																			
Isabella	Intermediate	Monday	4:30pm	5:00pm	6:00pm	Anna	Novice	Monday	3:45pm	4:00pm	5:00pm		Development	Monday	3:45pm	4:00pm	4:45pm																		
		Tuesday	6:00am	6:15am	7:30am			Tuesday	3:45pm	4:00pm	5:00pm			Tuesday	3:45pm	4:00pm	4:45pm																		
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						<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #008080; color: white;"> <th>Coach</th><th>Group</th><th>Day</th><th>Dryland Start</th><th>Swim Start</th><th>Practice Ends at</th></tr> </thead> <tbody> <tr> <td>Rachael</td><td>Masters</td><td>Monday</td><td>6:15am</td><td>6:30am</td><td>7:30am</td></tr> <tr> <td></td><td></td><td>Friday</td><td>6:15am</td><td>6:30am</td><td>7:30am</td></tr> </tbody> </table>						Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at	Rachael	Masters	Monday	6:15am	6:30am	7:30am			Friday	6:15am	6:30am	7:30am						
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Swim Meets

- B4 meet - June 10,11
- Super 7 Meet - June 24, 25
- Kelowna Ogopogoos Meet - July 1, 2

Development Meets

- North Delta Sunfish Development Meet - June 14th
- WRASA Devopment Meet - June 28th

Triton Special Events

- Backstroke and Breaststroke Clinic: With Special Guests, Cliff Noth and James Dergousoff - June 17th
- Favovite colour day - TBD