

SEPTEMBER SCHEDULE
REVISED SEPTEMBER 5th, 2007

SUNDAY	MONDAY	T	WEDNESDAY	T	FRIDAY	S
			<p>5 First Practice Back for T1-6</p> <p>5:15 – 7:15pm T6 Re-evaluation tryouts 5:15 – 7:15pm T1-5 Tryouts Begin</p> <p>Free Try Synch</p> <p>PARENT MEETING – WILDROSE PROGRAM – 7:15PM</p>	6	<p>7 CWC/SAIT</p> <p>4:30 – 6:45pm PreComp – First Practice 4:30 – 6:45pm T1-5 Tryouts (CWC)</p> <p>6:30-8:45 PM Tier 6 ALC SAIT 6:30-9:30PM Tier 6 TEAM SAIT (MK)</p>	8 T6 Fitness Assessments with Tash
<p>9 CWC</p> <p>7-10:30am T6 Re-evaluation Tryouts 8:00-10:30 Tier 1-5 Tryouts 10:45-11:45 AM YOGA (Dianne Lyons)</p> <p>T6 Fitness Assessments with Tash</p>	<p>10</p> <p>6:00 – 8:00am T6 Team</p> <p>5:15 – 6:00pm T1&2 – Dance 6:15 – 8:15pm PreComp, T1&2 – Pool</p> <p>4:45 – 5:45pm T4 /5Fitness 6:00 – 8:15pm T4/5 Pool</p>	<p>11</p> <p>6:15-7:45 PM Tier 6 FITNESS</p>	<p>12</p> <p>6:00 – 8:00am BONUS ROUTINE</p> <p>4:30 – 5:15pm ALL FITNESS</p> <p>5:00 – 7:15pm First Practice Pre Tier Land/Pool 5:25-7:15 pm T1-5 Tryouts 5:00 – 7:15pm T6 Land/Pool</p>	13	<p>14 CWC/SAIT</p> <p>4:00 – 5:00pm First Practice Synchro 1A</p> <p>4:45 – 6:45pm PreComp Land/Pool</p> <p>4:30 – 6:45pm T1-3 Land/Pool (CWC) 6:30 – 9:30pm T4-6 Land/Pool (SAIT) (RT)</p>	15
<p>16 CWC</p> <p>7:00-10:30 AM Tier 4-6s 8:00-10:30 AM Tier 1-2s 10:45-11:45 On land testing SPECIAL GUEST: Leslie Sproule (National team consultant)</p> <p>(10:45 – 12:45pm Coaches dev't session with Leslie – PC-T2)</p>	<p>17</p> <p>6:00 – 8:00am T6 TEAM</p> <p>5:15 – 6:00pm T1&2 – Dance 6:00 – 8:15pm PreComp 6:15-8:15 T1&2 – Pool</p> <p>4:45 – 5:45pm T4/5 Fitness 6:00 – 8:15pm T4/5 Pool</p>	<p>18</p> <p>6:15-7:45 PM Tier 6 FITNESS</p>	<p>19</p> <p>6:00 – 8:00am BONUS ROUTINE</p> <p>4:30 – 5:15pm ALL FITNESS</p> <p>5:00 – 7:15pm First Practice Pre Tier Land/Pool 5:25-7:15 pm T1-5 Tryouts 5:00 – 7:15pm T6 Land/Pool</p>	20	<p>21 CWC/SAIT</p> <p>4:00 – 5:00pm Synchro 1A</p> <p>4:45 – 6:45pm PreComp Land/Pool</p> <p>4:30 – 6:45pm T1-3 Land/Pool (CWC) 6:30 – 9:30pm T4-6 Land/Pool (SAIT) (MK)</p>	22
<p>23 CWC</p> <p>7:00-10:30 AM Tier 4-6s 8:00-10:30 AM Tier 1-2s 10:45-11:45 Flex SPECIAL GUEST: OLYA Khabarova (tent) Russian GYmansitics, Leslie Sproule 12:15 Rec athletes meet at CWC 12:30pm Travel to Camp Horizon 1:30 – 5:00pm Camp Horizon activities 5:15pm-7:15 p.m. Family BBQ</p>	<p>24</p> <p>6:00 – 8:00am T6 TEAM</p> <p>5:15 – 6:00pm T1&2 – Dance 6:00 – 8:15pm PreComp 6:15-8:15 T1&2 – Pool</p> <p>4:45 – 5:45pm T4/5 Fitness 6:00 – 8:15pm T4/5 Pool</p>	<p>25</p> <p>6:15-7:45 PM Tier 6 FITNESS</p>	<p>26</p> <p>6:00 – 8:00am BONUS ROUTINE</p> <p>4:30 – 5:15pm ALL FITNESS</p> <p>5:00 – 7:15pm First Practice Pre Tier Land/Pool 5:25-7:15 pm T1-5 Tryouts 5:00 – 7:15pm T6 Land/Pool</p>	27	<p>28CWC/SAIT</p> <p>6:00-8:00 Tier 6 BONUS ROUTINE</p> <p>4:00 – 5:00pm Synchro 1A</p> <p>4:45 – 6:45pm PreComp Land/Pool</p> <p>4:30 – 6:45pm T1-5 Land/Pool (CWC)</p> <p>6:30 – 9:30pm T6 TEAM Only (SAIT)</p>	29
<p>30</p> <p>7-10:30am T4-6s 8:00-10:30 Tier 1-5 Tryouts 10:45-11:45 AM YOGA (Dianne Lyons)</p>						

