

As of November 1st, 2007

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OCTOBER			
October 19 th	T1-6	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 1 - CWC 6:30-9:30 PM SAIT Tier 4 to 6 teams 6:30-9:00 PM SAIT TIER 2 NOTE THE TIER 2s are at SAIT THIS NIGHT until 9:00 PM
October 21 st	T1-6	Talisman	Training Camp 7:00-2:00 p.m. Tier 2-6 teams 8:45-2:00 p.m. Tier 1 team
October 26 th	T1-6	CWC/SAIT	4:30-6:45 p.m. Pre-comp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
October 28 th	T4-6s	Talisman	7:00-11:30 Talisman Practice for Tier 4-6s ONLY
October 28 th	T1-2	CWC	Tier 2s 7:00-10:30 AM 10:45-11:45 AM YOGA Tier 1s 8:45-10:30 AM
October 31	T1-6	CWC	Optional Practice for Tier 1-5s

CWC Sea Sprites
TENTATIVE SCHEDULE of IMPORTANT DATES

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NOVEMBER			
Date	PROGRAM	Location	Event
November 2nd	T1-6	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
November 3rd	T1-6	CWC	Figures Transition Competition (CWC) 1:00-5:00 p.m.
November 4th	T2s	CWC	Tier 2s 7:00-10:30 AM, 10:45-11:45 AM Yoga SUIT FITTING DAY – details to follow
November 4th	T4-6s	Talisman	7:00-11:30 AM TALISMAN – Tier 4-6s ONLY
November 9th	T1-6	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
November 11th	ALL		OFF
November 16th	T1-6	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
November 18th	T1-6	Talisman	Training Camp - Talisman Centre (tent) 7-2 Tier 2-6 8:45-2 p.m. Tier 1s
November 23rd	T1-6	CWC	Tier 1-6 CWC 4:30-6:45 p.m. 7:00-8:00 PM PARENT/SWIMMER EDUCATION SESSION
November 28th	T1-6	CWC	COMPETITION SIMLUATION FOR FIGURES MEET
November 30th	T1-6	SAIT/CWC	TIER 1-2s AT SAIT THIS NIGHT THIS IS A CHANGE!!! 6:30-9:00 p.m. 6:30-7:30 is ON LAND in the Mulitpurpose ROOM and 7:30-9:00 is in the POOL! 4:30-6:45 PM Tier 4-6s at CWC

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DECEMBER			
Date	PROGRAM	Location	Event
December 7 th	T1-6	CWC/SAIT	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
December 8th	T1-6	Talisman	City of Calgary Figures Meet (Talisman)
December 9 th	T1-6	Talisman	Training camp and Talisman Centre 7-2 for Tier 2-6s 8:45-2:00 for Tier 1s
December 14 th	T1-6	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
December 16th	T1-6	Talisman	Watershow 6:00-8:00 PM (Athletes arrive at 4:30 PM)
December 21 st	T1-6	CWC/SAIT	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams Mandatory Practice
December 22 nd to January 5 th	ALL		Christmas Break

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JANUARY			
Date	PROGRAM	Location	Event
January 6 th	T1-6	CWC	1 st practice back MANDATORY PRACTICE Talisman Training camp 12-5:30 p.m. Tier 2-6s 12-4:30 p.m. Tier 1s
January 9 th	AWG athletes	CWC	COMPETITION SIMULATION FOR ATHLETES COMPETING IN ALBERTA WINTER GAMES (Please assume that this will include all competitive teams)
January 11 th	T1-6	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
January 13 th	AWG athletes	Talisman	Alberta Winter Game Trials
January 13 th	Non-AWG athletes	CWC	Training as usual
January 16 rd	T1-6	CWC	COMPETITION SIMULATION FOR ALL TIER 6 ATHLETES Mandatory for Tier 6 OPEN athletes
January 18-20 th	T6 OPEN	Talisman	Proposed Tier 6/7 South Trials
January 25 th	T1-6	SAIT/CWC	TIER 1-2s AT SAIT THIS NIGHT THIS IS A CHANGE!!! 6:30-9:00 p.m. 6:30-7:30 is ON LAND in the Multipurpose ROOM and 7:30-9:00 is in the POOL! 4:30-6:45 PM Tier 4-6s at CWC
January 27 th	T4-6s	Talisman	7:00-11:30 AM Tier 4-6s ONLY TALISMAN
January 27 th	T1-2s	CWC	Tier 2s 7:00-10:30 AM Tier 1 ^s 8:45-10:30 AM 10:45-11:45 AM YOGA Mandatory Practice
January 30 th	T1-6	CWC	COMPETITION SIMULATION FOR MCI Mandatory for ALL competitive athletes

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FEBRUARY			
Date	PROGRAM	Location	Event
February 1-3 rd	T1-6	Talisman	Michelle Cameron Invitational
February 8 th	T1-6	CWC/SAIT	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
February 10 th	T1-6	CWC	Training Camp – CWC 7AM – 2 PM Tier 2-6 8:45AM – 2 PM Tier 1 Parent/Swimmer Education Session 12-2 p.m. MANDATORY PRACTICE
February 14-17	AWG athletes	LEDUC	Alberta Winter Games
February 15 th	T1-6	CWC/SAIT	TIER 1-2s AT SAIT THIS NIGHT THIS IS A CHANGE!!! 6:30-9:00 p.m 6:30-7:30 is ON LAND in the Multipurpose ROOM and 7:30-9:00 is in the POOL! 4:30-6:45 PM Tier 4-6s at CWC
February 17 th	WR		WILDROSE OFF
February 18 th	ALL		OFF
February 20 th	ALL	CWC	MANDATORY PRACTICE
February 22 nd	T1-7	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
February 27 th	T6 OPEN	CWC	COMPETITION SIMULATION for Tier 6 PROVINCIALS Mandatory for Tier 6 OPEN athletes
February 29- March 1 st	T6 OPEN	Kinsmen, Edmonton	Proposed Tier 6/7 Provincials - Edmonton

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MARCH			
Date	PROGRAM	Location	Event
March 2 nd	T4-6s	Talisman	Talisman Centre 7:00-11:30 Tier 4-6s (Tier 6 opens – discuss arrival time with coach)
March 2 nd	Tier 1-2s	CWC	7:00-11:45 Tier 2-5s 8:45-10:30 AM Tier 1s
March 5 th	WR	CWC	COMPETITION SIMULATION for WR SOUTH TRIALS Mandatory for ALL Wildrose Stream athletes and COMBO
March 9 th	ALL	CWC	7:00-2:00 PM Tier 2-6s (Tier 6 opens discuss arrival time with coach) 8:45-2:00 PM Tier 1s MANDATORY PRACTICE!
March 14-16	WR	TBA	Proposed Tier 1-5 South Trials (FYI for COMBO)
March 14 th	Tier 6	SAIT	6:30-9:30 PM SAIT
March 16 th	Tier 6	CWC	Tentative T6 Only Practice (Combo and WR away at South Trials)
March 22 nd	T6 OPEN	Talisman	Tier 6 Mandatory practice in prep for Westerns
March 23 rd	T6 OPEN		Tier 6 OFF
March 21 st to March 30 th	WR		WILDROSE – Spring Break – see note re: COMBO
March 24 th	T6 OPEN	CWC	Tier 6 Open team Mandatory Training in prep for Westerns
March 26 th	T6 OPEN	CWC	Tier 6 Open Team Mandatory Training in prep for Westerns
March 28 th	T6 OPEN	CWC	Tier 6 Open Team mandatory training in prep for Westerns
March 30 th	COMBO/T6	CWC	Tier 6 Open Team and COMBO – Mandatory training
March 31 st	ALL	CWC	TRAINING at CWC Tier 6s 6:00-8:00 AM Tier 1-5s As usual including fitness

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APRIL			
Date	PROGRAM	Location	Event
April 3-6 th	T6 OPEN	PanAM, Winnipeg	Proposed Westerns, Winnipeg
April 7 th	T6 OPEN		Tier 6 OFF
April 8 th	T6 OPEN		Tier 6 OFF
April 9 th	COMBO	CWC	Optional practice Tier 6 non-combo'rs (incorporate some COMBO tx time)
April 11 th	COMBO T1-6	SAIT/CWC	SAIT 6:30-9:30 PM Tier 4-6s CWC Tier 1-2s 4:30-6:45 p.m.
April 13 th	T1-6	Talisman	Talisman Centre Training Camp 7AM – 2 PM Tier 2-6 9AM – 2 PM Tier 1 MANDATORY PRACTICE
April 16 th	WR	CWC	COMPETITION SIMULATION – WRC Mandatory for all WR stream athletes and COMBO
April 18-20 th	WR	Strathcona	Proposed Wildrose Classic – Tier 1-5 FYI – Strathcona
April 21-26 th			MONDAY OFF for Tier 1-6s Wednesday OFF for Tier 4-6s COMBO TRAINS Friday, April 25 th and Sunday April 27 th . Friday and Sunday OFF for Tier 6 Non-COMBO athletes
April 25	COMBO	SAIT	SAIT COMBO Only
April 27 th	T1-6		COMBO WR and Tier 6 OFF if not on Combo!

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MAY/JUNE			
Date	PROGRAM	Location	Event
May 4 th	T1-2s	CWC	Tier 1s 8:45-10:30 AM Tier 2s 7:00-10:30 AM 10:45-11:45 AM YOGA
May 4 th	T4-6s	Talisman	7:00-11:30 AM Talsiman Tier 4-6s ONLY
May 9 th	T1-6	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams
May 11 th	T1-6	Talisman	Talisman Training Camp 7AM - 2 PM Tier 2-6 9AM - 2 PM Tier 1 MANDATORY PRACTICE
May 16 th	T1-6	SAIT/CWC	4:30-6:45 p.m. Precomp to Tier 2 - CWC 6:30-9:30 PM SAIT Tier 4 and 6 teams MANDATORY PRACTICE
May 18 th	T1-6	CWC	OFF
May 19 th	T1-6	CWC	OFF
May 21 st	T1-6		Regular training resumes IMPORTANT TO HAVE ALL ATHLETES ATTENDING <u>ALL REGULAR PRACTICES</u> UNTIL MASY
May 28 th	ALL	CWC	COMPETITION SIMULATION - ALL Mandatory for all WR and National stream athletes as well as COMBO
May 29-June 1 st	WR	Regina	MASY CHALLENGE - Regina
May 30 th	T6 OPEN	SAIT	SAIT 6:30-9:30 PM Tier 6
June 4-8 th	T6 OPEN	Kinsmen, Edmonton	Tier 6 Open Nationals - Edmonton
June 11 th	ALL	CWC	Awards Night
June 14 th	ALL	CWC	Watershow 6:00-8:00 p.m.
June	ALL	CWC	Last practice/Tier 6 tryouts TBA