

TRIDENT NEWSLETTER

April 28, 2008

The Long Course meet schedule is attached to this e-mail.

MEET INFORMATION

Trident May Maelstrom (May 2nd-4th)

	WARM-UP	MEET STARTS
Friday	4:30	5:30
Saturday AM	6:30	8:00
400 free	12:30	12:45
Saturday PM	2:30	3:30
Sunday AM	6:30	8:00
Monster Mile	12:30	12:45
Sunday PM	2:30	3:30

Trident Summer Storm (June 12th-14th)

Sign-up sheet will be posted on Thursday.

BCAT (June 27th-June 29th)

Will be posted on Tuesday, May 6th. Sign-up by May 20th!

PRACTICE CHANGES

Wednesday, April 30th NO PRACTICE

AM PRACTICES

AM practices begin on Wednesday, May 3rd. AM practices are Wednesday & Friday ONLY!

SENIOR SWIMMERS

Senior A swimmers are eligible to swim mornings in the spring and afternoons in the summer. Senior B swimmers are NOT eligible to swim doubles. Senior B swimmers who would like to swim doubles in the spring only, may pay an additional \$40.

JUNIOR OLYMPIC T-SHIRTS

A few people still owe for their JO shirts. Please pay Coach Gwyn!

MAY MEET VOLUNTEERS

Thanks to everyone who has signed up to help this weekend. If you are able to help and haven't signed up, please e-mail Coach Gwyn at Gwynswim@aol.com.

MAY MEET DONATIONS

Please drop off your food donations on Thursday between 5:30 and 8:00. If you aren't able to bring it then, please let me know and we'll try to make other arrangements. We have limited storage space before Thursday b/c of the Chamber of Commerce Dinner.

Please DO NOT respond to this e-mail. If you need to contact Coach Gwyn e-mail her at Gwynswim@aol.com.

2008 LONG COURSE SCHEDULE

	MEET	TYPE	HOST	LOCATION
MAY 2-4	MAY MAELSTROM	A/B/C	TRIDENT	F&M
JUNE 12-14	SUMMER STORM	A/B/C	TRIDENT	F&M
JUNE 27-29	SWIM FAST	Sr. A/14&U BB	BCAT	PennState
JULY 11-14	NORTH BALTIMORE	BB & FASTER	NBAC	MEADOWBROOK
JULY 17-20	SUPER SECTIONALS	QUALIFY	BCAT	Penn State
JULY 24-27 MEADOWS	JUNIOR OLYMPIC'S	QUALIFY	LAC	GOLDEN
AUG. 4-8	Jr. NATIONALS	QUALIFY		INDIANAPOLIS
AUG. 6-9	ZONES	QUALIFY		BUFFALO