

Legend:

Practices PM (Novice, Junior, Intermediates, Seniors)

Practices AM

Dryland

Meets

Entries due

Meets introduced

Fun/bonding events

SOW (Swimmer of the Week) and SOM (Swimmer of the Meet)

May Events 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 *POW first full practice New Registrations Only (3:30-6:00)	3	4	5	6 *POW first full practice (3:30-6:00) (Beginning of two week trial)	7 *POW practice (3:30-6:30)
8 *POW practice (3:30-6:00)	9 *POW practice (3:30-6:00)	10	11	12	13 *POW practice (3:30-6:00)	14 *POW practice (3:30-6:30)
15 *POW practice (3:30-6:00) *Volunteer Coach sign up	16 *POW practice (3:30-6:00)	17	18	19	20 *POW practice (3:30-6:00) Meet the Coaches night (Fish team celebration and give out Swimathon Sheets) (Ending of two week trial)	21 *POW practice (3:30-6:30) Volunteer Coach Clinic 2:15-3:15PM (roles for meet)

					(Intro to Fun Meet next Sat)	
<p>22 *POW practice (3:30-6:00)</p> <p>Duncan Meet Package sent out</p> <p>*Volunteer Coach schedules set and sent out</p> <p>SOW awards begin</p>	<p>23 HOLIDAY</p>	24	25	26	<p>27 *POW practice (3:30-6:00)</p>	<p>28 *POW practice (3:30-6:30) → all groups Fun Meet</p>
<p>29 *POW practice (3:30-6:00)</p>	<p>30 *POW practice (3:30-6:00)</p> <p>POW Families deadline to submit Duncan meet entries</p> <p>Oak Bay Meet Package sent out</p> <p>*SOW awards</p>	31				Duncan Meet Weekend

June Events 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 *POW practice (7:00-8:00AM Sr. Only)	2	3 *POW practice (3:30-6:00)	4 Duncan Swim Meet
5 Duncan Swim Meet	6 *POW practice (3:30-6:00) *Dryland practice (Seniors PM) POW Families deadline to submit Oak Bay meet entries Courtenay Meet Package sent out SOW award + SOM begins Request Trophy return	7	8 *POW practice (7:00-8:00AM Sr. Only)	9	10 *POW practice (3:30-6:00) All trophies due back Give out photo day forms (due back 13th)	11 Oak Bay Swim Meet
12 Oak Bay Swim Meet Transition to New Practice Schedule	13 *POW practice (3:30-6:00) *Dryland practice (Seniors PM) POW Families deadline to submit Courtenay meet entries SOW award + SOM	14 *POW practice (3:30-6:00) *Dryland practice (Seniors/Int PM)	15 *POW practice (7:00-8:00AM Sr. Only) *POW practice (3:30-6:00) *Dryland practice (Seniors PM)	16 *POW practice (3:30-6:00)	17	18 Courtenay Swim Meet

	<u>Photo Day</u>					
19 Courtenay Swim Meet	20 *POW practice (3:30-6:00) *Dryland practice (Seniors PM) Nanaimo Meet Package sent out SOW award + SOM	21 *POW practice (3:30-6:00) *Dryland practice (Seniors/Int PM)	22 *POW practice (7:00-8:00AM Sr. Only) *POW practice (3:30-6:00) *Dryland practice (Seniors PM)	23 *POW practice (3:30-6:00) <u>Swim-A-Thon</u>	24	25 Open Weekend <u>Team Baseball Night</u>
26 Open Weekend	27 *POW practice (3:30-6:00) *Dryland practice (Seniors PM) POW Families deadline to submit Nanaimo meet entries Campbell River Meet Package sent out SOW award *Air band sign up sheet out	28 *POW practice (3:30-6:00) *Dryland practice (Seniors/Int PM) <u>Air Band Prac</u>	29 *POW practice (7:00-8:00AM Sr. Only) *POW practice (3:30-6:00) *Dryland practice (Seniors PM) <u>Air Band Prac</u>	30 *POW practice (3:30-6:00) <u>Air Band Prac</u>	Nanaimo Swim Meet Weekend	Nanaimo Swim Meet Weekend

July Events 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HOLIDAY Nanaimo Swim Meet Weekend	2 Nanaimo Swim Meet
3 Nanaimo Swim Meet	4 *POW practice (3:30-6:00) *Dryland practice (SeniorsPM) POW Families deadline to submit Campbell River meet entries Sidney Meet Package sent out SOW award + SOM <u>Air Band Prac</u>	5 *POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) *Dryland practice (Seniors/Int PM) <u>Air Band Prac</u>	6 *POW practice (8:30-9:30AM Sr and Int Only)*POW practice (3:30-6:00) *Dryland practice (SeniorsPM) <u>Air Band Prac</u>	7 *POW practice (8:30-9:30AM Sr and Int Only) <u>Air Band Prac</u>	8	9 Campbell River Swim Meet
10 Campbell River Swim Meet	11 *POW practice (3:30-6:00) *Dryland practice (SeniorsPM) POW Families deadline to submit Sidney meet entries	12 *POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) *Dryland practice (Seniors/Int PM)	13 *POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) *Dryland practice (Seniors PM) <u>Movie Night 1 Ages 12+</u>	14 *POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00)	15 <u>Hell Week Begins</u>	16 Sidney Swim Meet

	<p>Salt Spring Package sent out</p> <p>SOW award + SOM</p> <p>Movie Night 1 Ages 7-</p>	<p>Movie Night 2 Ages 8-11</p>				
<p>17 Sidney Swim Meet</p>	<p>18</p> <p>*POW practice (3:30-6:00) *Dryland practice (SeniorsPM)</p> <p>POW Families deadline to submit Salt Spring meet entries</p> <p>SOW award + SOM</p> <p>Hell Week</p>	<p>19</p> <p>*POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) *Dryland practice (Seniors/Int PM)</p> <p>Hell Week</p>	<p>20</p> <p>*POW practice (Int/Seniors AM) *POW practice (3:30-6:00) *Dryland practice (SeniorsPM)</p> <p>Hell Week</p>	<p>21</p> <p>*POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) Regionals Package sent out</p> <p>Hell Week (Fish Night Ceremony)</p>	<p>22</p> <p>Salt Spring Swim Meet-Open Water Swim</p> <p>Hell Week Ends officially</p>	<p>23 Salt Spring Swim Meet</p>
<p>24 Salt Spring Swim Meet</p>	<p>25</p> <p>*POW practice (3:30-6:00) *Dryland practice (Seniors PM)</p> <p>SOW award + SOM</p>	<p>26</p> <p>*POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) *Dryland practice (SeniorsPM)</p>	<p>27</p> <p>*POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) *Dryland practice (Seniors PM)</p>	<p>28</p> <p>*POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00)</p>	<p>29</p> <p>POW Families deadline to submit Regionals meet entries</p>	<p>30 Open Weekend</p>
<p>31 Open Weekend</p>						

August Events 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HOLIDAY	2 *POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) *Dryland practice (Seniors/Int PM) *SOW award	3 *POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) *Dryland practice (SeniorsPM)	4 *POW practice (8:30-9:30AM Sr and Int Only) *POW practice (3:30-6:00) <u>Pre-Regional s Potluck</u>	5 Regionals Swim Meet	6 Regionals Swim Meet
7 Regionals Swim Meet	8 *POW practice TBD -Prov Qualifiers only *SOW award + SOM	9 *POW practice TBD -Prov Qualifiers only	10 *POW practice TBD -Prov Qualifiers only	11 *POW practice TBD -Prov Qualifiers only <u>Year End Banquet</u>	12	13 Open Weekend
14 Open Weekend	15	16 Provincials	17 Provincials	18 Provincials	19 Provincials	20 Provincials
21 Provincials	22	23	24	25	26	27
28	29	30	31			

