

GREEN/BLACK/+GOLD

coach Joni Maerten-Sanders

Swimmer of the Month:

Meets:

Practices: Mon. Sept. 20/ 6-7:30 am
Tues. Sept. 21/ 4:30-6:30 pm
Wed. Sept. 22/ 6-7:30 am
Thurs. Sept. 23/ 4-6 pm
Sat. Sept. 25/ 6-8:45 am

Dryland: Tues. Sept. 14/ 4:30-5:30 pm
Thurs. Sept. 16/ 4:30-5:30 pm



LEVEL 1

coach: Sasha Knight/Jackie Buehlow

Swimmer of the Month:

Practices: Tues & Thurs: 4:30-5 pm
or Tues 6-6:30 pm
Sat. 8:15-8:45 am

Session: Sept. 19/10 to Nov. 27/10

No aqua 7 or other meets

LEVEL 2

coach: Sasha Knight/Brooke Heath

Swimmer of the Month:

Practice: Tues & Thurs.: 5-5:45 pm
or Tues. 5:45-6:30 pm
Sat. 8-8:45 am

Aqua 7 meets:

Session: Sept. 19/10 to Nov. 27/10

LEVEL 3

coach: Brooke Heath/Sasha Knight

Swimmer of the Month:

Practice: Tues. & Thurs. 4:30-5:30 pm
or Tues. 5:30-6:30 pm
Sat. 7:45-8:45 am

Aqua 7 meets:

Session: Sept. 19/10 to Nov. 27/10

TEAL AND WHITE

coach James Ferber

Swimmer of the Month:

Loonie Award:

Meets:

Practices: Tues. Sept. 21/ 4:30-6: pm
Thurs. Sept. 23/ 4:30-6 pm
Sat. Sept. 25/ 7:15-8:45 am
7:45-8:45 am W

Dryland: Tues. Sept. 14/10 4:30 pm
Thurs. Sept. 16/10 4:30 pm

MASTERS

coach Jackie Buehlow

Meets:

Practices: Mon. Sept. 20/10 6-7 am
Wed. Sept. 22/10 6-7 am
Thurs. Sept. 23. 8:30/9:30 pm
Fri. Sept. 24/10 6-7 am
Sat. Sept. 25, 6:45-7:45 am

VARSITY

coach: James Ferber/Jackie Buehlow

Practice: Tues. Sept. 21/ 5:30-6:30 pm
Thurs. Sept. 23/ 8:30-9:30 pm
Sat. Sept. 25/ 6-7 am
No swim meets for this group

A - C - H - I - E - V - E - M - E - N - T -

The starting point for all achievement is desire.

Keep this constantly in mind.

NEWS

-Welcome all new families to competitive swimming. Also, a welcome to Micheal Heath who comes to us from South Western Aquatics (SWA) and represented our club and Canada at the Para Worlds in Netherlands over the summer. It was Micheal's first International meet and achieved a number of personal best times. It is a great beginning towards Paralympics in 2012.

-Mark your calendars, Sat. Sept. 18, 2010, is our Fundraiser for the cancer society. It will be a day fun, games, relays against other community organizations.

-Our team social is on Tuesday October 5, 2010 at 7 pm. At the Haysville Community Centre

- Officials course is in St. Thomas at Fanshaw College on Sept. 25, 2010. at 8 am. Officials courses can also be done online go to Swim Ontario's website and click on officials.

-Registration forms can be printed off from our web site www.aceswim.ca, and brought to the pool on Tues. Sept. 14th or Thurs. Sept. 16th. Also, there is a Mass registration that takes place at the OLD ARENA on Wednesday Sept. 8th. and you can bring the registration package there as well.