

# Nepean Synchro April 2010 Competitive Team Practice Schedule

V5

Open Figures at Pinecrest are cancelled for the remainder of the swim season due to annual pool closure.

Date	Day	Sportsplex		Walter Baker	
		Time	Groups	Time	Groups
Apr 1	Thursday	7 – 8 pm(P)	13-15 A/B	4:30 to 6pm	DTa, DT 16+, Solo
		8:15 to 10pm	13-15A/B/C T6		
Apr 2	Friday			4 to 6pm	Open Figures
Apr 3	Saturday	11am to 1pm	All Teams	4 to 6pm	Open Figures
Apr 4	Sunday		<i>Happy Easter</i> No practice today		

Date	Day	Sportsplex		Walter Baker	
		Time	Groups	Time	Groups
Apr 5	Monday	3:00 – 6:00 pm	All Teams		
		6:00 – 7:00 pm	T6, All Duets		
		3:00 pm Top of Ramp	Parent's Meeting re: Regionals		
Apr 6	Tuesday			7-8pm(D)	T6
				8-9:30pm	DTc
				8 -10pm	13-15A,T6
Apr 7	Wednesday			4:30 to 6pm	11-12A/B, DTb, solo
				6:15 to 7:00pm (P)	11-12A/B
Apr 8	Thursday	7 – 8 pm(P)	13-15 A/B	4:30 to 6pm	DTa, DT 16+, Solo
		8:15 to 10pm	13-15A/B/C T6		
Apr 9	Friday	Regionals		4 to 6pm	Open Figures
Apr 10	Saturday	<b>Regionals</b>	Schedule TBA	6:00 to 8:00am	T6
				4:00 to 6:00pm	Open Figures
Apr 11	Sunday	<b>Regionals</b>			

Date	Day	Sportsplex		Walter Baker	
		Time	Groups	Time	Groups
Apr 12	Monday			4:30 - 6pm	13-15B/C,T6
				6:15 -7:15pm (P)	13-15C,T6
Apr 13	Tuesday			7-8pm(D)	T6
				8-9:30pm	DTc
				8 -10pm	13-15A,T6
Apr 14	Wednesday			4:30 to 6pm	11-12A/B, DTb
				6:15 to 7:00pm (P)	11-12A/B
Apr 15	Thursday	SPLX cancelled		4:30 to 6pm	DTa, DT 16+, Solo
Apr 16	Friday			4 to 6pm	Open Figures
Apr 17	Saturday			6:00 to 8:30 am	T6, 13-15A
				4:00 to 6:00pm	Open Figures
				7:00 to 9:30 pm 7:30 to 9:30pm	11-12B, 13-15C DTa
				6:30 to 9:00 am	13-15 B 11-12A
Apr 18	Sunday			6:30 to 8:30am	DT 16+

Apr 19	Monday			4:30 - 6pm	13-15B/C,T6
				6:15 -7:15pm (P)	13-15C,T6
Apr 20	Tuesday			7-8pm(D)	T6
				8-9:30pm	DTc
				8 -10pm	13-15A,T6
Apr 21	Wednesday			4:30 to 6pm	11-12A/B, DTb
				6:15 to 7:00pm (P)	11-12A/B
Apr 22	Thursday	7 – 8 pm(P)	13-15 A/B	4:30 to 6pm	DTa, DT 16+, Solo
		8:15 to 10pm	13-15A/B/C T6		
Apr 23	Friday			4 to 6pm	Open Figures
Apr 24	Saturday	9:45-10:45 am Sports Psych 11-1:30pm practice	11-12 A,B	4 to 6pm	Open Figures
		10:30-1pm practice 1:15-2:15 Sports Psych	13-15 A,B,C, T6		
		Cancelled			
Apr 25	Sunday				

Date	Day	Sportsplex		Walter Baker	
		Time	Groups	Time	Groups
Apr 26	Monday			4:30 - 6pm	13-15B/C,T6
				6:15 -7:15pm (P)	13-15C,T6
Apr 27	Tuesday			7-8pm(D)	T6
				8-9:30pm	DTc
				8 -10pm	13-15A,T6
Apr 28	Wednesday			4:30 to 6pm	11-12A/B, DTb
				6:15 to 7:00pm (P)	11-12A/B
Apr 29	Thursday	7 – 8 pm(P)	13-15 A/B	4:30 to 6pm	DTa, DT 16+, Solo
		8:15 to 10pm	13-15A/B/C T6		
Apr 30	Friday			4 to 6pm	Open Figures

### **Good Luck at Regionals April 9-11<sup>th</sup>**

**Teams:**

11-12 A Alexandra Chin  
13-15A Brittany Laroche  
13-15C Deanna Sokoloski

11-12 B Shannon Castledine  
13-15B Jessica Graham  
Tier 6 Vanessa Graham

**Duets/Solo :**

DTa Kate Eldridge (Sophie/Christina)  
DTb Kate Eldridge (Nicole/Bridget)  
DT16+ Jen Tinneberg (Maggie/Meghan)

**Solo** Tier 6 solo Brittany Laroche (Shannon Smith)  
DTc Karla Bochert (Elly/Greer)