

# Nepean Synchro May/June 2010 Competitive Team Practice Schedule

V3

Date	Day	Sportsplex		Walter Baker	
		Time	Groups	Time	Groups
May 1	Saturday	11am to 1pm	Solo DTb,DTc (All Rec teams in pool 11-12:30)		
		7 to 9 pm	Water Show		
May 2	Sunday	6:30- 7:30am	T6, All Duets		
		7:30 to 10:30 am	All teams		
May 3	Monday			4:30 - 6pm	13-15B/C,T6 open figures
				6:15-7:15pm (P)	13-15C,T6
May 4	Tuesday			7-8pm(D)	T6
				8-9:30pm	DTc
				8 -10pm	13-15A,T6 13-15C
May 5	Wednesday			4:30 to 6pm	11-12A/B, DTb Solo DT 16+
				6:15 to 7:00pm (P)	11-12A/B
May 6	Thursday	SPLX Practice Cancelled		4:30 to 6pm	13-15A/B T6 Open Figures
May 7	Friday			4:30 to 6pm 4-6pm	DTa Open Figures
May 8	Saturday			6:00 to 8:00 am	Solo, DTc
				6:00 to 8:30 am	13-15C
				7:00 to 9:30 pm	11-12A 13-15B T6
May 9	Sunday			6:30 to 9:00 am	11-12B 13-15A

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May 10	Monday			4:30 - 6pm	13-15B/C,T6
				6:15 -7:15pm(P)	13-15C,T6
May 11	Tuesday			7-8pm(D)	T6
				8-9:30pm	DTc
				8 -10pm	13-15A,T6
May 12	Wednesday			4:30 to 6pm	11-12A/B, DTb Solo Open Figures
				6:15 to 7:00pm(P)	11-12A/B
May 13	Thursday	7 – 8 pm(P)	13-15 A/B	4:30 to 6pm	DTa, DT 16+, Solo Open Figures
		8:15 to 10pm	13-15A/B/C T6		
May 14	Friday			4 to 6pm	Open Figures
May 15	Saturday	11am to 1pm	13-15A/B/C T6		
May 16	Sunday	6:30- 7:30am	T6, All Duets		
		7:30 to 10:30 am	All teams		
		9:15 am Parents' meeting Top of Ramp	ALL Prov. Stream Teams' Parents Re: Tiers travel (Bring chequebook)		

May 17	Monday			4:30 - 6pm	13-15B/C,T6
				6:15 -7:15pm(P)	13-15C,T6
May 18	Tuesday			7-8pm(D)	T6
				8-9:30pm	DTc
				8 -10pm	13-15A,T6
May 19	Wednesday			4:30 to 6pm	11-12A/B, DTb Open Figures
				6:15 to 7:00pm(P)	11-12A/B
May 20	Thursday	7 – 8 pm(P)	13-15 A/B	4:30 to 6pm	DTa, DT 16+, Solo Open Figures
		8:15 to 10pm	13-15A/B/C T6		
May 21	Friday			4 to 6pm	Open Figures
May 22	Saturday	11am to 1pm	All teams		
May23	Sunday	Practice cancelled			

Date	Day	Sportsplex		Walter Baker	
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May 24	Monday	3:00 – 6:00 pm	All Teams		
		6:00 – 7:00 pm 5-6pm	T6, All Duets Pre-Tiers Comp Demo for Family & Friends		
May 25	Tuesday			7-8pm(D)	T6
				8-9:30pm	DTc
				8 -10pm	13-15A,T6
May 26	Wednesday			4:30 to 6pm	11-12A/B, DTb
May 27	Thursday	Provincial Age Group Championships	Etobicoke	4:30 to 6pm	T6
May 28	Friday	Provincial Age Group Championships		4 to 6pm	T6
May 29	Saturday	Provincial Age Group Championships		6:30 to 7:30pm(D) 7:30 to 9:30pm	T6
May 30	Sunday	No Practice for T6 Provincial Age Group Championships			

May 31	Monday			4:30 - 6pm	T6
June 1	Tuesday			7-8pm(D)	T6
				8 -10pm	T6
June 2	Wednesday			4:30 to 6pm	T6

**Good Luck at Tiers May 27-30<sup>th</sup>!**

**Good Luck to T6 at Espoir June 2-8<sup>th</sup>!**