

CYO Important Swim Dates 2008-2009

**Swim Registration Coaches and participants
Swim Season and Practice Begins**

**Last day October 29, 2008
Oct 1, 2008**

	Location	Date	Time
<u>Meetings</u>			
Commission Meeting	TBD	8/28/2008	7:00 pm
Coaches Meeting	CYO Office	9/17/2008	<u>7:30 pm</u>
Commission Meeting	TBA	10/21/2008	7:00 pm
Coaches Meeting	CYO Office	11/12/2008	7:00 pm
Commission Meeting	CYO Office	12/3/2008	7:00 pm
Commission Meeting	CYO Office	1/6/2009	7:00 pm
Coaches Meeting	CYO Office	1/13/2009	7:00 pm
Coaches Meeting	CYO Office	2/17/2009	7:00 pm
Commission Meeting	TBA	2/24/2009	6:30 pm

ASEP Coaches Training – Call 503-231-9484 to register

Monday	TBA	8/11/08	6pm-8:30pm
Wednesday	TBA	9/24/08	6pm-8:30pm
Wednesday	TBA	11/5/08	6pm-8:30pm

Note: ASEP is now offered on-line. Go to the CYO website at cyocamphoward.org for information and the link to the ASEP on-line certification course for CYO.

Swim Clinics

Stroke & Turn Judge	CYO Office	9/17/2008	<u>6:00p.m. – 7:30p.m.</u>
Stroke & Turn Judge	St. Mary of the Valley	9/27/2008	9:00am – 10:45am
Basic Stroke Clinic – L1	St. Mary of the Valley	9/27/2008	11:00am – 1:00pm
Basic Stroke Clinic –L1	Mt. Hood C.C.	10/8/2008	7:30pm - 9:30pm
Advanced Stroke Clinic L2	Mt. Hood C.C.	10/10/2008	7:30pm - 9:30pm
Stroke & Turn Judge	Vanc-Bally's (164th).	10/19/2008	12:30pm – 2:00pm
Hy-Tek Computer Clinic	CYO Office	10/28/2008	6:30pm – 8:30pm

(Hy-Tek Meet Manager will be handed out at the Coaches Meeting on 9/17/2008. Developmental meets will be distributed. Hy-Tek operators should practice with the sample problems prior to the 10/28 meeting, and email Mark any questions at mark@cyocamphoward.org.)

Swim Meets Regular Season

(entries are due the Wednesday, by 12 noon, before meet)

Wk 1	November	1 & 2	2008
Wk 2	November	8 & 9	2008
Wk 3	December	6 & 7	2008
Wk 4	December	13 & 14	2008
Wk 5	January	3 & 4	2009
Wk 6	January	10 & 11	2009

Championship Meets

Polliwog Championship	MHCC	Sat	1/17/2009	12:00-4:30	(entries by 1/8 noon)
Large Team Champs	MHCC	Sat	1/24/2009	1:00-5:30	(entries by 1/15 noon)
Small Team Champs	MHCC	Sun	1/25/2009	1:00-5:30	(entries by 1/15 noon)
All Star Championship	MHCC	<u>Sat</u>	1/31/2009	12:00-4:00	