

CYO Important Swim Dates 2009-2010

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

**Last day October 28, 2009
Oct 1, 2009**

	Location	Date	Time
<u>Meetings</u>			
Commission Meeting	CYO Office	9/1/2009	7:00 pm
Coaches Meeting	CYO Office	9/15/2009	<u>7:30 pm</u>
Commission Meeting	CYO Office	10/20/2009	6:30 pm
Coaches Meeting	CYO Office	11/17/2009	6:30 pm Changed from 11/11 (Veteran's Day)
Commission Meeting	CYO Office	12/8/2009	6:30 pm
Commission Meeting	CYO Office	1/5/2010	6:30 pm
Coaches Meeting	CYO Office	1/12/2010	6:30 pm
Coaches Meeting	CYO Office	2/16/2010	6:30 pm
Commission Meeting	TBA	2/23/2010	6:30 pm

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

Monday	TBA	8/18/09	6pm-8:30pm
Wednesday	ABH	9/30/09	6pm-8:30pm
Wednesday	VC	11/12/09	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	9/15/2009	<u>6:00p.m. – 7:30p.m.</u>
Basic Stroke Clinic –L1	Mt. Hood C.C.	10/7/2009	7:30pm - 9:30pm
Advanced Stroke Clinic L2	Mt. Hood C.C.	10/9/2009	7:30pm - 9:30pm
Stroke & Turn Judge	Vanc-Bally's (164 th).	10/11/2009	12:30pm – 2:00pm (tentative)
Hy-Tek Computer Clinic	CYO Office	10/27/2009	6:30pm – 8:30pm

(Hy-Tek Meet Manager will be handed out at the Coaches Meeting on 9/15/2009. Developmental meets will be distributed. Hy-Tek operators should practice with the sample problems prior to the 10/27 meeting, and email Mark any questions at mark@cyocamphoward.org.)

Swim Meets Regular Season

Entries are due, by 12 noon, the Wednesday before meet.

Wk 1	November	7 & 8	2009
Wk 2	November	14 & 15	2009
Wk 3	December	5 & 6	2009
Wk 4	December	12 & 13	2009
Wk 5	January	2 & 3	2010
Wk 6	January	9 & 10	2010

Championship Meets

Polliwog Championship	MHCC	Sun	1/17/2010	1:00-5:30	<u>25yd pool</u> (entries by 1/7 noon)
Division 1 Champs	MHCC	Sat	1/23/2010	1:00-5:30	(entries by 1/14 noon)
Teams: FMST, HS, OLL, SAL, SJA, and SJPC					
Division 2 Champs	MHCC	Sun	1/24/2010	1:00-5:30	(entries by 1/14 noon)
Teams: AS, HF, LL, SI, and VCS					
All Star Championship	MHCC	Sat	1/30/2010	12:00-4:00	(signups begin 1/8)