

# September 2009

Amherst Tritons Swim Team

Last Updated: 09/30/09

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 <b>Holiday: Labor Day</b>	8	9	10	11	12
13	14	15	16	17	18	19
<div style="border: 2px solid black; padding: 10px; background-color: #e0f7fa;"> <p><b>Returning Swimmers: Report to the assigned times for your last season's workout group.</b></p> </div>						
20 <b>1st Day for New Swimmers: 11 am - 12 pm</b>	21 <b>1st Day of Season SRs: 3 - 5 pm</b>	22 <b>SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm</b>	23 <b>SRs: 3 - 5 pm</b>	24 <b>SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm</b>	25 <b>SRs: 3 - 5 pm</b>	26 <b>SRs: 9 - 11 am AGs: 10 - 11 am JR: 11 am - 12:30 pm</b>
27 <b>NO Practice Amherst 250th Celebration Parade</b>	28 <b>SRs: 3 - 5 pm</b>	29 <b>SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm</b>	30 <b>SRs: 3 - 5 pm</b>			

# October 2009

Amherst Tritons Swim Team

Last Updated: 10/31/09

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm	2 SRs: 3 - 5 pm	3 SRs: 8 - 10 am AGs: 10 - 11 am JR: 11 am - 12:30 pm
4 AGs: 11 - 12 am JR: 11 am - 12:30 pm	5 SRs: 3 - 5 pm	6 SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm	7 SRs: 3 - 5 pm	8 SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm	9 SRs: 3 - 5 pm	10 SRs: 8 - 10 am AGs: 10 - 11 am JR: 11 am - 12:30 pm
11 AGs: 11 - 12 am JR: 11 am - 12:30 pm	12 <b>NO PRACTICE</b>  <b>Holiday:</b> <b>Columbus Day</b>	13 <b>Monday's Schedule</b> SRs: 3 - 5 pm <b>Team Swimsuit Sizing, 4:30 - 6 pm</b>	14 SRs: 3 - 5 pm	15 SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm	16 SRs: 3 - 5 pm	17 SRs: 8 - 10 am AGs: 10 - 11 am JR: 11 am - 12:30 pm
18 AGs: 11 - 12 am JR: 11 am - 12:30 pm	19 SRs: 3 - 5 pm	20 SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm	21 SRs: 3 - 5 pm	22 SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm	23 SRs: 3 - 5 pm	24 Swim Meet #1 <b>(Away)</b> 8:15 am at Springfield
25 AGs: 11 - 12 am JR: 11 am - 12:30 pm	26 <b>Bertucci's Fundraiser</b> SRs: 3 - 5 pm	27 SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm	28 SRs: 3 - 5 pm	29 SRs: 3 - 5 pm AGs: 5 - 6 pm JR: 6 - 7:30 pm	30 SRs: 3 - 5 pm	31 Swim Meet #2 <b>(Home)</b> 8:15 am at Totman vs. Springfield

# November 2009

Amherst Tritons Swim Team

Last Updated: 11/30/09

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>2</b> SRs: 3 - 5 pm	<b>3</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>4</b> SRs: 3 - 5 pm	<b>5</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>6</b> SRs: 3 - 5 pm	<b>7</b> Swim Meet #3 (Away) 8:15 am at South Hadley
<b>8</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>9</b> SRs: 3 - 5 pm	<b>10</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>11</b> NO PRACTICE  Holiday: Veterans Day	<b>12</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>13</b> SRs: 3 - 5 pm	<b>14</b> Swim Meet #4 (Home) 8:15 am at Totman vs. Longmeadow
<b>15</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>16</b> SRs: 3 - 5 pm	<b>17</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>18</b> SRs: 3 - 5 pm	<b>19</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>20</b> SRs: 3 - 5 pm	<b>21</b> Swim Meet #5 (Home) 8:15 am at Totman vs. Westfield
<b>22</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>23</b> SRs: 3 - 5 pm	<b>24</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>25</b> NO PRACTICE	<b>26</b> NO PRACTICE  Holiday: Thanksgiving Day	<b>27</b> SRs: 3 - 5 pm	<b>28</b> SRs: 8 - 10 am AGs: 10 - 11 am JRs: 11 am - 12:30 pm
<b>29</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>30</b> SRs: 3 - 5 pm					

# December 2009

Amherst Tritons Swim Team

Last Updated: 12/31/09

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>2</b> SRs: 3 - 5 pm	<b>3</b> Swimathon Fundraiser at Totman 5 - 7:30 pm	<b>4</b> SRs: 3 - 5 pm	<b>5</b> Swim Meet #6 (Home) 8:15 am at Totman vs. Monson
<b>6</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>7</b> SRs: 3 - 5 pm	<b>8</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>9</b> SRs: 3 - 5 pm	<b>10</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>11</b> SRs: 3 - 5 pm	<b>12</b> Swim Meet #7 (Away) 12:15 pm at Hampden- Wilbraham
<b>13</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>14</b> SRs: 3 - 5 pm	<b>15</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>16</b> SRs: 3 - 5 pm	<b>17</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>18</b> SRs: 3 - 5 pm	<b>19</b> Swim Meet #8 (Away) 10:45 am at Springfield
<b>20</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>21</b> SRs: 3 - 5 pm	<b>22</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>23</b> SRs: 3 - 5 pm	<b>24</b> NO PRACTICE	<b>25</b> NO PRACTICE  Holiday: Christmas Day	<b>26</b> NO PRACTICE
<b>27</b> NO PRACTICE	<b>28</b> SRs: 3 - 5 pm	<b>29</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>30</b> SRs: 3 - 5 pm	<b>31</b> NO PRACTICE		

# January 2010

Amherst Tritons Swim Team

Last Updated: 01/20/10

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <b>NO PRACTICE</b>  <b>Holiday:</b> <b>New Year's Day</b>	<b>2</b> SRs: 8 - 10 am AGs: 10 - 11 am JRs: 11 am - 12:30 pm
<b>3</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>4</b> SRs: 3 - 5 pm	<b>5</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>6</b> SRs: 3 - 5 pm	<b>7</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>8</b> SRs: 3 - 5 pm	<b>9</b> Swim Meet #9 (Home) 8:15 am at Totman vs. E. Longmeadow
<b>10</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>11</b> SRs: 3 - 5 pm	<b>12</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>13</b> SRs: 3 - 5 pm	<b>14</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>15</b> SRs: 3 - 5 pm	<b>16</b> Swim Meet #10 (Away) 8:15 am at Belchertown
<b>17</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>18</b> <b>NO PRACTICE</b>  <b>Holiday:</b> <b>Martin Luther King</b>	<b>19</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>20</b> SRs: 3 - 5 pm	<b>21</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>22</b> SRs: 3 - 5 pm	<b>23</b> SRs: 8 - 10 am AGs: 10 - 11 am JRs: 11 am - 12:30 pm
<b>24</b> AGs: 11 - 12 am JRs: 11 am - 12:30 pm	<b>25</b> SRs: 3 - 5 pm	<b>26</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>27</b> SRs: 3 - 5 pm	<b>28</b> SRs: 3 - 5 pm AGs: 5 - 6 pm JRs: 6 - 7:30 pm	<b>29</b> SRs: 3 - 5 pm	<b>30</b> Championships at Longmeadow Session 1: 8 am Session 2: 1 pm
<b>31</b> Championships at Longmeadow Session 3: 8 am Session 4: 1 pm	<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p><b>End of Season Party on Feb. 4th: 5:15 - 6:30 P.M. at Totman Pool</b></p> <p><b>Annual Tritons Meeting on Feb. 4th: At 6:00 P.M. at Totman Pool Stands</b></p> </div>					