



Monday, Mar 22nd

Cycle III: day one

1st day of swimming of the 3rd and final Cycle of the 2009/2010 season (Mar 22 – June 25)

Please be sure to get your payment into the DST Drop Box (CAC lobby proshop counter) in either cheque or money order and CLEARLY mark to whom the amount is to be applied.

Questions prior to committing? Please contact either our Parent Liaison parentliaison@duncanstingrays.com Duncan Rhoades or our Head Coach leanne@duncanstingrays.com



Wednesday, Mar 31 – Saturday, Apr 3rd

Pan Pacific Trials – Montreal, QC

The fastest swimmers in all of Canada will be heading to the Complexe Sportif Claude Robillard in Montreal, QC to compete for a spot on the National Team.

Selected swimmers will be competing at the 2010 Pan Pacific Championships in Irvine, California, USA Aug 18 - 22.

Swimmers must have achieved a minimum Senior National qualifying time (QT).

Qualified swimmers please RSVP duncanswimteam@shaw.ca no later than **Friday, March 19th, 2010**.



Friday, Apr 2nd – Monday, Apr 5th

Long Weekend

All regular practices are cancelled due to statutory holiday on Friday and Monday. Enjoy your long weekend!



Saturday, April 10th

Long Course training commences – Nanaimo

The Long Course season is upon us and with that we will soon be travelling to the Nanaimo Aquatic Centre once per week for our 50m pool training sessions. Practice times will be 5:45 – 8:00am for A, B and C groups. D group members are also invited to participate.

Want to set up a carpool? Please contact leanne@duncanstingrays.com



Sunday, April 11th

VIR @ TSUN – Port Alberni

Vancouver Island Regional meet hosted by the Port Alberni Tsunami Swim Club.

All Stingrays swimmers interested in participating at the first all level meet of Cycle III please RSVP duncanswimteam@shaw.ca no later than **Monday, April 5th, 2010**.

Questions prior to committing? Please send an email to the address above or call DST 250 710 3278.

Stingrays' Regular Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45–7:45am A group B group		5:45–7:45am A group B group		5:45–8:00am A group B group C group <i>*optional*</i> D group	
3:15 – 5:30 A group B group C group 4:50 – 6:30 D group	2:45 – 5:15 A group B group 3:25 – 4:20 E1 group 4:25 – 5:05 E2 group	3:15 – 5:30 A group B group C group 4:50 – 6:30 D group	2:45 – 5:15 A group B group 3:25 – 4:15 E1 group 4:25 – 5:05 E2 group	3:15 – 5:30 A group B group C group 4:50 – 6:30 D group	<i>PLEASE NOTE:</i> Commencing Sat, Apr 10 th these practices will be held at the same time at the Nanaimo Aquatic Centre	

