



Duncan Swim Team

December 2009



Friday, Dec 4th – Sunday, Dec 6th

Richmond FastSwim Classic

This competition will be the main focus of Cycle 1 for those swimmers who have achieved a Prov AAA QT. Interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Friday, November 20th**.



Sunday, Dec 6th

CRKW Winter Classic Regional Meet #2

This competition will be the main focus of Cycle 1 for those swimmers not attending the Richmond FastSwim Classic. Interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Wednesday, November, 25th**.



Saturday, Dec 19th

3rd Annual DST Day!

All Stingrays members are encouraged to attend the 3rd Annual DST Day. We will be running an in house mini meet complete with 89.7 SunFM and Shaw Communications in attendance! Please watch the Stingrays website www.duncanstingrays.com for further details.



Mon Dec 21st – Thurs Dec 24th & Mon Dec 28th – Thurs Dec 31st

Weeks 1 & 2 of DST Winter Training Camp

All members are welcome to attend both weeks of the DST Winter Training Camp. Practices will be 8:45 – 12:00 (A, B, C groups) 8:45 – 11:30 (D & E groups). Areas to be covered will be general fitness maintenance, special stroke analysis with video cameras and team building exercises involving all levels of the Team. Classroom sessions will also happen on a daily basis covering topics such as goal setting and steps to achieve, injury prevention, nutrition and hydration, etc.



Monday, January 4th, 2010

Cycle 2 commences

Please be sure to get your intention to register in prior to the 2nd Cycle (Jan 4 – Mar 21, 2010). Those swimmers identified by the DST Coaching Staff as being ready for the next higher level will receive an email invite outlining the details of their suggested level. Questions about criteria or anything else? Please email Leanne at duncanswimteam@shaw.ca or call 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> D2 group D group	
3:15 – 5:30 A group B group C group 5:40 – 7:10 D group 5:40 – 7:25 D2 group	2:45 – 5:15 A group B group 3:25 – 4:15 E1 group 4:20 – 5:05 E2 group	3:15 – 5:30 A group B group C group 5:40 – 7:10 D group 5:40 – 7:25 D2 group	2:45 – 5:15 A group B group 3:25 – 4:15 E1 group 4:20 – 5:05 E2 group	3:15 – 5:30 A group B group C group 5:40 – 7:10 D group 5:40 – 7:25 D2 group		

