



Duncan Swim Team January 2010



Monday, January 4th

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.



Friday, Jan 15th – Sunday, Jan 17th

VIR Short Course Championships

This competition will feature the fastest swimmers on Vancouver Island (minimum AA Qualifying Time) and it has been 19 years since the Duncan Swim Team has hosted these prestigious Championships. Come show your support for our swimmers – the most DST qualifiers since pre Y2K!

Qualified swimmers interested in participating? Please RSVP duncanswimteam@shaw.ca no later than **Mon, Jan 4th**

We are fortunate to be awarded the opportunity of running the VIR Championships → we encourage all of our membership to participate in one form or another:

Interested in seeing some fast swimming and officiating? Please contact Steve meetmanager@duncanstingrays.com

Interested in the above but need to be trained? Please contact Steve meetmanager@duncanstingrays.com

Interested in being a great host to the Vancouver Island Swimming Community? No training necessary; please contact Dina fundraising@duncanstingrays.com



Saturday, Jan 23rd

VIR 10&Under Training Camp

Vancouver Island's fastest 10&Under swimmers will be attending the Regional 10&Under Training Camp. 24 swimmers from the VI Region were selected based on their performances in the 400fr and the 200IM in the period of September to December 2009. This exciting event will take place at our very own Cowichan Aquatic Centre. Selected swimmers have received the invite email. Please RSVP duncanswimteam@shaw.ca no later than **Thurs, Jan 7th**



Friday, Feb 5th – Sunday, Feb 7th

Provincial AA Championships – Penticton, BC

The fastest AA swimmers will be racing in Penticton, BC at the Provincial AA Championships. Minimum Qualifying Time (QT) is an 11&O Prov AA Standard.

Qualified swimmers interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Friday, Jan 22nd**

Interested in Team Transportation? Please note that in your RSVP email.

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	2:45 – 5:15 A group B group	3:15 – 5:30 A group B group C group	2:45 – 5:15 A group B group	3:15 – 5:30 A group B group C group		
5:40 – 7:10 D group	3:25 – 4:15 E1 group	5:40 – 7:10 D group	3:25 – 4:15 E1 group	5:40 – 7:10 D group		
5:40 – 7:25 D2 group	4:20 – 5:05 E2 group	5:40 – 7:25 D2 group	4:20 – 5:05 E2 group	5:40 – 7:25 D2 group		

