



Duncan Swim Team Winter Break 2009



3rd Annual DST Day

In house Time Trial / Team Social / Cycle 2 Registration

All Stingrays members are encouraged to attend the **3rd Annual DST Day**. We will be running an in house mini meet (3:00 – 6:00) complete with Shaw Communications in attendance! Email info has been sent – if you've not received it please contact leanne@duncanstingrays.com

Besides some exciting swimming, we will be having a **Team Social** directly following the completion of the Time Trial (6:00 – approximately 7:30). This event will have snacks for all in the CAC Party Room alongside the deck.

And finally, the DST Executive will be in attendance starting at 2:00 to receive your **Cycle 2 Registration** and field any questions, concerns, and / or suggestions you may have.

Looking forward to seeing you all there!



Winter Break Schedule: A & B

A & B groups: Dec 21 – 24 & Dec 28 – 31

8:00 – 9:00 Weight room (mon/tues/wed only; thurs 9:15 @ CAC)

→ please remember to renew your membership at Duncan Gym & Fitness Dec 14 – Feb 14

9:30 – 12:15 Water and Classroom sessions



Winter Break Schedule: C

C group: Dec 21 – 24 & Dec 28 – 31

8:00 – 9:00 Weight room (mon/tues/wed only; thurs 9:15 @ CAC) if applicable*

→ please remember to renew your membership at Duncan Gym & Fitness Dec 14 – Feb 14

*8:45 @ CAC if not attending Weights

9:30 – 12:15 Water and Classroom sessions



Winter Break Schedule: D & E

D & E groups: Dec 21 – 24 & Dec 28 – 31

8:45 – 11:30 Water and Classroom sessions



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' Winter Break Schedule: Dec 21 – 24 & Dec 28 – 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A: 8:00 – 12:15	A: 8:00 – 12:15	A: 8:00 – 12:15	A: 9:15 – 12:15			
B: 8:00 – 12:15	B: 8:00 – 12:15	B: 8:00 – 12:15	B: 9:15 – 12:15			
C: 8:00 – 12:00 OR C: 8:45 – 12:00	C: 8:00 – 12:00 OR C: 8:45 – 12:00	C: 8:00 – 12:00 OR C: 8:45 – 12:00	C: 9:15 – 12:00 OR C: 8:45 – 12:00	Off	Off	Off
D: 8:45 – 11:30	D: 8:45 – 11:30	D: 8:45 – 11:30	D: 8:45 – 11:30			
E: 8:45 – 11:30	E: 8:45 – 11:30	E: 8:45 – 11:30	E: 8:45 – 11:30			

