

Pheasant Run Flyers Summer 2017 May Calendar Version 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday April <u>2nd</u> Opening Parents Meeting.	Meeting is at the Community House at 3:00 PM	2	3 Swim Team Registration 5-7 pm PRSC	4	5 Phillies Game E-mail Tom Wilkinson for tickets (\$12.50 each)	6
7	8	9	10	11	12	13 Club Clean Up Day
14 Dryland/ PM Sessions Begin May 15	15 PM Sessions 9-12 Dryland (3:30- 3:55) H2O 4:00-5:30 8&U: Dryland (5:00- 5:25)H2O 5:30-6:15 13-18: Dryland(5:30- 6:10) H2O 6:15-8:00	16 We will attempt to get into the water weather permitting. I like to use a specific dryland routine before practices and meets that lasts 25 min. If we can't get in the water due to weather, we will use this time to	17 teach the specific dryland exercises that we will use during the season. We can also introduce specific strengthening, flexibility and stability, and injury prevention exercises and stretches.	18 I also hoping to have a Vasa Stroke Trainer available for the Flyers to use, I also hope to be able to show swim specific videos from Ed Moses, Mike Phelps etc.	19 PM Sessions	20 OFF
21	22 PM Sessions	23 PM Sessions	24 PM Sessions	25 PM Sessions	26 PM Sessions	27 Opening Weekend OFF
28	29 Memorial Day Off	30 PM Sessions	31 PM Sessions			

Pheasant Run Flyers Summer 2017 June Calendar Version 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swimjitsu Link http://www.swimjitsu.com/				1	2	3
				PM Sessions	PM Sessions	Swimjitsu at Nexxt Level
4	5	6	7	8	9	10
9-12 Dryland (3:30-3:55) H2O 4:00-5:30 8&U Dryland (5:00-5:25) H2O 5:30-6:15 13-18 Dryland (5:30-6:10) H2O 6:12-8:00	PM Sessions	PM Sessions	PM Sessions	PM Sessions	PM Sessions	Time Trials Coaches Meeting at Greenfields
11	12	13	14	15	16	17
LTS Registration Privates 1:00 Groups 2:00	PM Sessions	PM Sessions	PM Sessions	PM Sessions	PM Sessions Club Opens Full Time	Practice Meet TBD
18	19	20	21	22	23	24
13-18 Dryland AM (7:00-7:25) H2O 7:30-9:15 (1 Hr 45) 9-12 Dryland AM (8:45-9:10) H2O 9:15-10:45 (1hr 30) 8-U (I&II) Dryland 10:15-10:40 H2O 10:45-12:00 (2-12:15)	AM / PM Sessions TBD	AM / PM Sessions TBD	AM / PM Sessions TBD	AM / PM Sessions TBD	13-18: 7:30-9:30 9-12: 9-11 Minis: 10:30-11:30 Group I: 10:30-12 Group II: 10:30-12:30	Wenonah Home
25	26	27	28	29	30	July 1
	Stroke Clinic Freestyle Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25) LTS I	Stroke Clinic Freestyle Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25) LTS I	Evening Meet	Stroke Clinic Freestyle Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25) LTS I	Dean Hutchinson Clinics?	Green-Fields Away

Pheasant Run Flyers Summer 2017 July August Calendar Version 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">2</p> <p><i>Pinnies week Each lane wears same color pinnies for the week. War Games Week</i></p>	<p style="text-align: center;">3</p> <p>Stroke Clinic Back Stroke Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p>	<p style="text-align: center;">4th of JULY</p> <p>*Shortened practice 13-18: 7:30-9:00 9-12: 8:45-10:00 8s Gr I/II: 9:45-11 NO Mini Team</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">LTS I</p> <p style="text-align: center;">Evening Meet?</p>	<p style="text-align: center;">6</p> <p>Stroke Clinic Back Stroke Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p> <p style="text-align: center;">LTS I</p>	<p style="text-align: center;">7</p> <p>Stroke Clinic Back Stroke Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p> <p style="text-align: center;">LTS I</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Deer Brook Home</p>
<p style="text-align: center;">9</p> <p style="text-align: center;">Old Orchard Mini Meet</p>	<p style="text-align: center;">10</p> <p>Stroke Clinic Breast Stroke Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p> <p style="text-align: center;">LTS II</p>	<p style="text-align: center;">11</p> <p>Stroke Clinic Breast Stroke Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p> <p style="text-align: center;">LTS II</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Evening Meet</p>	<p style="text-align: center;">13</p> <p>Stroke Clinic Breast Stroke Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p> <p style="text-align: center;">LTS II</p>	<p style="text-align: center;">14</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Wedgewood Away</p>
<p style="text-align: center;">16</p> <p style="text-align: center;">ACS Swim-a-thon Barclay Midi Meet</p>	<p style="text-align: center;">17</p> <p>Stroke Clinic Butterfly Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p> <p style="text-align: center;">LTS II</p>	<p style="text-align: center;">18</p> <p>Stroke Clinic Butterfly Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p> <p style="text-align: center;">LTS II</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Evening Meet</p>	<p style="text-align: center;">20</p> <p>Stroke Clinic Butterfly Session 1 (1:00-1:25) Session 2 (1:30-1:55) Session 3* (2:00-2:25)</p> <p style="text-align: center;">Mini Team Relay Carnival LTS II</p>	<p style="text-align: center;">21</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Pomona Away</p>
<p style="text-align: center;">23</p> <p style="text-align: center;">Riverdel Mini Meet Brookside Masters Meet</p>	<p style="text-align: center;">24</p> <p>Stroke Clinic Championship Strokes Session 1 (12:00-12:25) Session 2 (12:30-12:55) Session 3* (1:00-1:25) 13-18: 7:30-9:30 12&U: 9-11 *Tri-County Qualifiers ONLY</p>	<p style="text-align: center;">25</p> <p>Stroke Clinic Championship Strokes Session 1 (12:00-12:25) Session 2 (12:30-12:55) Session 3* (1:00-1:25)</p> <p style="text-align: center;">LTS III</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">LTS III</p>	<p style="text-align: center;">27</p> <p>Stroke Clinic Championship Strokes Session 1 (12:00-12:25) Session 2 (12:30-12:55) Session 3* (1:00-1:25)</p> <p style="text-align: center;">LTS III</p>	<p style="text-align: center;">28</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Jack Hafner Invitational Home</p>
<p style="text-align: center;">30</p>	<p style="text-align: center;">31</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">LTS III</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">LTS III</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">LTS III</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Pasta "Q-Cap" Night 5:30</p>	<p style="text-align: center;">5-6</p> <p style="text-align: center;">Tri-County Champs</p>

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