

**Carded Club Structure 2009-2010**

***All Practices on deck 10 minutes early***

Group	Coach		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior</b> <i>All Practices at McMaster</i>	Sean Baker	AM	5:30-7:30 McM	OFF	5:30-7:30 McM	OFF	5:30-7:30 McM	6:00-8:30 swim
		PM	5:00-6:30	4:15-6:30	5:00-6:30	4:15-6:30	5:00-6:30	8:30-9:30 Dry
		PM	6:30-7:00 DRY	6:45-7:00 DRY	6:30-7:00 DRY	6:45-7:00 DRY	6:30-7:00 DRY	OFF
<b>Junior</b>	TBA	AM	5:30-7:30 McM	OFF	5:30-7:30 McM	OFF	OFF	6:30-8:30 swim
		PM	6:00-7:30	5:00-7:00pm	6:00-8:00	5:00-7:00pm	6:30-8:00pm	8:30-9:00 Dry
		PM	Jimmy Thompson	Jimmy Thompson	Ryerson	Jimmy Thompson	Jimmy Thompson	OFF
<b>Provincial</b>	TBA	AM	OFF	OFF	OFF	OFF	OFF	6:30-8:30 swim
		PM	6:00-7:30	5:00-7:00pm	6:00-8:00	5:00-7:00pm	4:30-6:00pm	8:30-9:00 Dry
		PM	Jimmy Thompson	Jimmy Thompson	Ryerson	Jimmy Thompson	Ottawa YWCA	McMaster
<b>Gold</b>	Ed Doerkson	PM	5:00-7:00	4:30-6:30	OFF	5:30-7:30pm	OFF	9:00-10:30am
		PM	Central	Pinky Lewis	OFF	Pinky Lewis	OFF	Pinky Lewis
<b>Age Group 1-2-3</b>	Diane Baker		5:00-6:30pm Bennetto (AG 1-2)	6:30-8:00pm Jimmy Thompson (AG 1-2-3)		6:30-8:00pm Jimmy Thompson (AG 1-2-3)	<b>6:30-8:00pm</b> <b>Jimmy Thompson</b>	6:30-8:30 swim 8:30-9:00 Dry
		PM						
<u>Novice Structure</u>								
<b>Novice -ME</b>	Mike Butler	PM	OFF	6:30-7:30 H	OFF	6:30-7:30 H	OFF	Jimmy Thompson 10am-12pm
<b>Novice -MW</b>	Lisa Hodge	PM	7:00-8:00 HP	OFF	7:00-8:00 West	OFF	OFF	All Novice Swimmers
<b>Novice-CW</b>	Alex Despond	PM	7:00-8:00 Rye	OFF	OFF	6:30-7:30 Dale	OFF	*Focus on skills & thrills !
<b>Novice-CS</b>	Kahla Walkinshaw	PM	5:00-6:00 Laurier	OFF	5:00-6:00 Laurier	OFF	OFF	"
<b>Novice-Mountain Gold</b>	Alex Despond	PM					7:00-8:00 Hill Park	"
<b>OWAY 1</b>	Gabriel Guylay	PM	7:00-8:00 Rye					
<b>OWAY 2</b>	Gabriel Guylay	PM					5:30-6:30pm McM	
<b>OWAY 3</b>	Kahla Walkinshaw	PM					7:00-8:00 Hill Park	
<b>OWAY 4</b>	Carrie Petersen & Ryan Lowe					6:30-7:30 Dalewood		
<b>OWAY 5</b>	5:00-6:00 Laurier							

NOTES:

- 1- Age Group 1 trains 5x per week. The Friday and Saturday practices are with the Junior Group.
- 2- Age Group 2 trains 3x per week. The group practices Monday-Tuesday-Thursdays
- 3- Age Group 3 trains 2x per week. Tuesdays and Thursdays
- 4- JT=Jimmy Thompson
- 5- McM= McMaster
- 6- YWCA= Ottawa Street YWCA