

2010 St. Odilia Swim and Dive Team

The season begins **January 10** and runs through **March 30** with practices on **Thursday and Sunday nights**.

YMCA (Sundays)		Fairview (Thursdays in February)		Spring Lake Park (Thursdays in March)	
Grade	Time	Grade	Time	Grade	Time
K - 2	7:00 - 7:30	K - 2	4:45 - 5:15	K - 3	6:00 - 6:40
3 - 4	7:30 - 8:00	3 - 5	5:15 - 6:00	4 - 5	6:40 - 7:40
5 - 6	8:00 - 8:30	6 - 8	6:00 - 6:45	6 - 8	7:40 - 8:45
7 - 8	8:00 - 9:00				
DIVE	N/A	DIVE	4:45 - 6:45	DIVE	6:00 - 7:40

- **St. Odilia will host 2 meets** at Spring Lake Park High School, Sunday, February 21st and Sunday March 7th, 2010.
- **Sunday February 28** a high school format meet will be offered for Middle school swimmers. Elementary school swimmers will hold a mini meet during practice
- **CAA Preliminary Swimming and Diving Meet.** Sat/ Sun March 27/28th
- **CAA Swimming and Diving Finals** March 29 / 30, 2010

• **The St. Odilia Swim and Dive Preseason Swim Stroke Clinic.**

A four (**4**) **week Swim Clinic** at the beginning of the season. Cost \$15 - \$20

The dates for the Swim Clinic are: Sunday, January 10th, 17th, 24th and 31st

All students in Grades K-8 can join the swimming and diving team if they are able to complete a length of the pool unassisted during the first swim practice.

The Fee for the 2010 swim season will be \$50. This fee covers the costs of pool fees for all scheduled practice dates, St Odilia sponsored swim meets, CAA prelim and finals entry fees, medals and trophies.

New Parents Meeting - Anyone interested in learning more about the program is encouraged to attend a meeting on **December 17, 2009 at the school from 7:00 – 8:00 pm**

FOR COMPLETE DETAILS AND REGISTRATION FORMS PLEASE LOG ON TO THE SCHOOL WEB SITE:

WWW.STODILIASCHOOL.ORG

Click on Athletics then Swimming and Diving

COME JOIN THE FUN AND BE PART OF THE TEAM.