



# MAY 2013

## Post Oak Blue Dolphins Swim Team

Coordinators: Amy Baker 770-977-7249 and Tracy Lacasella 404-643-7776

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	<b>Practice Begins</b> 13 4:00 - 4:30 5 & 6 4:30 - 5:00 7 & 8 5:00 - 5:30 9 & 10 5:30 - 6:00 11 & up	14 After School Practice	15 After School Practice	16 After School Practice	17 After School Practice	18
19	20 After School Practice	21 After School Practice	22 After School Practice	23 --NO PRACTICE-- Last Day of School	24 Summer Practice Begins 8a - 9/10; 9a - 5/6 9:30a - 7/8 10a - 11 & older	25
26	27 --NO PRACTICE-- Memorial Day	28 Morning Practice MEET: HOME vs. Arthur's Vineyard 5:00 pm warm-up	29 Practice	30 Practice	31 Practice	



# JUNE 2013



## Post Oak Blue Dolphins Swim Team

Twitter: [http://twitter.com/po\\_bluedolphins](http://twitter.com/po_bluedolphins)

<http://postoakrecreation.com/social/swim-team/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Summer Practice Schedule:</b> 8a - 9/10; 9a - 5/6 9:30a - 7/8 10a - 11 & older						1
2	Practice 3	Morning Practice 4 <b>MEET: HOME vs. Chadds Walk</b> <b>5:00 pm warm-up</b>	Practice 5	Practice 6	Practice 7	8
9	Practice 10	Morning Practice 11 <b>MEET: AWAY vs. Chestnut Creek</b> <b>5:30 pm warm-up</b>	Practice 12	Practice 13	Practice 14	15
16	Practice 17	Morning Practice 18 <b>MEET: AWAY vs. Princeton W/M. Chase</b> <b>5:30 pm warm-up</b>	Practice 19	Practice 20	Practice 21	22
23	Practice 24	Morning Practice 25 <b>MEET: HOME vs. Chestnut Springs</b> <b>5:00 pm warm-up</b>	End of Season Party (details to come) 26	27		

