

YWCA OF GREENWICH DOLPHINS

"THE DOLPHIN NEWS"

The Newsletter of the YWCA of Greenwich Dolphins Swim Team
September 1, 2009

WELCOME TO THE DOLPHINS!

On behalf of the YWCA, coaching staff and parent's group we would like to welcome you to the Dolphins Swim Team. We anticipate a very exciting year and are happy that you have chosen the YWCA of Greenwich.

THE DOLPHIN NEWS

The Dolphin News is the primary method of communication between the YWCA, coaches, swimmers and parents. The newsletter is published at least once a season and is available on the team's website and poolside.

THE TEAM WEB SITE, DISTRIBUTION E-MAILS, ROSTER & THE BULLETIN BOARD

Over the past few seasons the team has made an effort to become wireless and it has been a great success. This process is pivotal to a team with seven levels, in order to ensure rapid and accurate communication between coaches, parents and swimmers. It is the responsibility of every family to check the web site at www.greenwichdolphins.com and their e-mail daily if possible.

The distribution e-mail list (issued weekly and/or as needed through Coach Cavataro's day office address of ncavataro@iona.edu) is the quickest and most reliable way to get team members information. We require an e-mail address for every family on the team. You can have as many e-mail addresses as you like and need info. (i.e. Dad's office, swimmers' e-mail, Mom's e-mail). The e-mail addresses are hidden and not public and are maintained on our office computer from your initial registration form.

Coach Nick Cavataro is responsible for these updates and sends them in bulk via his ncavataro@iona.edu address. Occasionally families may have e-mail software that block "bcc" e-mails or e-mails from certain extensions, **in this case .edu**. Please make sure you have the info by checking the web site often.

The initial Team roster will be distributed via e-mail; however, we DO NOT post this on the web site and this list is for internal team use only, like a school class list. Please do not share this list.

The team bulletin board is located at the YWCA in the balcony area of the pool and will also have late information and meet signup information.

Emergency Communication!

Sometimes bad weather or a power failure or mechanical problem, may cause us to have to adjust a practice, meet or event. Where we know many of you get e-mails on your blackberry type phones, others do not. With this in mind we use an emergency text messaging service called www.rainedout.com.



To register for this service – you will need your cell phone handy - go to their web site and log in the team name “Greenwich Dolphins” then go to Sign up Now and follow the directions. You will only receive a text message from us in the event of an emergency change like a snow storm, power failure, etc. Whenever possible, please check your e-mail and web site too!

OUR WEB SITE IS www.greenwichdolphins.com

We would encourage everyone to visit our team web site at www.greenwichdolphins.com often. The site is always expanding and you will be able to access a variety of information, including schedules, photos and late breaking news.

ABOUT THE DOLPHINS - DO YOU HAVE THE TEAM BROCHURE?

Everyone should have a copy of our blue, red and black 4x8”, four fold team brochures or pick up one at main customer service desk. This brochure details our program, including fees. If you have questions about our program after reading this brochure, please speak to a coach.

A WORD ON BEING ON TIME!

While we recognize the occasional traffic delay and misplaced swim bag, please try to be on time. This makes things run smoothly in practice and enhances performance

ABOUT MEMBERSHIP, TEAM, MES FEES, TIME PAYMENTS AND FINANCIAL AID

The seasonal team fees and dates are listed in the 4 x 8 brochure. There are several types of fees to be aware of including YWCA membership (\$150), the Meet Equipment and Supply Fee (MES of \$195 for TAG 1 & over levels only), a yearly USA Swimming registration fee (\$65 - TAG 1 and & over levels) and a first time Dolphins swimmer fee of \$25, as well as the team level program fee.

All fees are outlined in the brochure.

Bills will be mailed for payment shortly to all placed swimmers. Time payments are available only by pre-arranged and authorized advance credit card billing. Delinquent payments may result in the suspension of practice privileges.

The **Meet, Equipment and Supply** (MES-\$195) fee is the team's financial lifeblood and helps defray the cost of awards, insurance, entry fees, equipment costs and more during the course of the season.

The **First Time Dolphin Fee** (FTDF) of \$25 is charged in the fall only to any new Dolphin swimmer⁴ who was not on the team in the previous season. This fee helps cover the large promotion, production, web site, printing costs and data base updating costs incurred each September as we start-up our new campaign.

If you need more information on the USA, MES or FTDF fees or time or credit card payments, please speak to Nick or our YWCA customer service rep, Michelle Pennino at m.pennino@ywcagreenwich.org.

ORIENTATION SESSION FOR ALL PARENTS IS REQUIRED!

It is expected that all new team parents attend **one of the two offered parent organizational** sessions on either Sept. 17 or 18 (6:00-7:00 pm).

These sessions will include a presentation on the team program by Coach Cavataro and a question and answer period. No advance sign-up is needed and there will be a "sign-in" sheet at each meeting.

ABOUT MEETS

The Dolphins have a unique series of competitive opportunities for all our team levels. There are three types of competitive opportunities.

1. Grand Prix Intersquad Meets (mandatory for all)
2. CT Y Swim League Dual Meets (2 meets, 1 championship mandatory for all).
3. United States swimming sign-up meets (USA meets on a sign-up; but, recommended basis)

(1) Grand Prix Meets are held in practice slots and are for all team members and there will be seven of these meets during the course of the season.

(2) Connecticut Y Swim League will feature a pair of meets vs. Westport and New Canaan YMCA. There will also be league championships meet which in 2008 will be split with 13/overs swimming at Wilton Y in January and 10/unders swimming at Cheshire in February with the other nine teams in the league.

(3) The United States Swimming (USS) program is detailed below.

WHAT ABOUT TEAM EQUIPMENT?

Team suits, caps and training fins are the only pieces of team equipment that is *required* of all team members. We also ask that TAG 3 and State/National Swimmers have a Finis Training Snorkel. We will have the same team suit for the 2009-10 seasons as we had in 08-09. The suit will be a solid navy blue Speedo "aquablade" suit, with "GYWD" distinct red, white and blue logo on the center (female) or leg (male). Regular season team caps will be given to all team members later this month.

A representative of the Metro Swim Shop will be at the YWCA on Monday and Tuesday, September 21+22 from 5:00-7:00 pm, for fitting and purchases. A complete detail of all available equipment is will be e-mailed to all prior to the dates!.

All swimmers are also requested to purchase training fins and bring them to practice each day. **A labeled deck "net gear bag" is strongly recommended for all.** These are important training aids.

Swimmers must wear the team cap (available at main desk for purchase) and suit to participate⁵ in our Y league and USS Meets. All other equipment is optional and an exciting grouping of shorts, T-Shirts, bags and Warmup deck apparel will be available.

TEAM EQUIPMENT ORDERING AND FITTINGS

Monday, September 21 – 5:00-7:00 pm

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Tuesday, September 22 – 5:00-7:00 pm

Checks or cash must accompany all orders at this time

HOW DO I REACH THE HEAD COACH?

Head coach **Nick Cavataro** - who begins his thirty-second year at the YWCA of Greenwich - is also the Head Coach at Iona College in New Rochelle, NY. You can generally reach Nick at his Iona Pool office at 914-633-2323 from 9:00am-1:30pm. Nick is also available after any practice session by appointment for discussions.

If you would like to send a note to Nick with your swimmer that's great too. Nick's fax number is 914-633-2688 and E-mail address is ncavataro@greenwichdolphins.com or ncavataro@iona.edu, both are operational and are checked regularly.

MEET THE COACHES!

As mentioned, **Nick Cavataro** is the head coach; other coaches include: **Maura O'Grady Foster, Whitney Welch, Scott Wittmer, Ainslie Dorrian, Jason Felix and the Director of Aquatics is Bruce Semer.**

Also returning to the staff is **Kamil Kulczycki**, who will work with all levels as needed and Dolphin Alumnus and May '09 Wesleyan University graduate, **Catherine Kast.**

Maura swam with the Dolphins through high school and enters her sixteenth season as a Dolphins Head Age Group Coach. Maura is in her tenth year at the Covent of Sacred Heart, where she is the Swim Coach and works in Dean of Students department. Maura will work with the all levels in assorted slots. Maura also completed her fourth season as the Head Coach of Shenorock Shore Club (Rye, NY) this past summer.

Whitney, swam competitively at St. Lawrence University and is a full time fire fighter with the Town of Greenwich. In addition to teaching and coaching swimming Whitney continues to compete in Masters events and open water swims. In her eleventh season with the Dolphins, Whitney assists with all levels as needed and available.

Scott, relocated from Illinois a five years ago, where he was an age group coach at a local Y. Scott will coach with primary focus on the TAG 1 and TAG 2 levels; but, will assist with other levels as needed.

Ainslie, a Greenwich native and GHS graduate, is an accomplished athlete and WSI level instructor with excellent teaching skills, who enters his fourth full season with the Dolphins and will provide support for all levels.

Jason, is a Chicago native, who swam for 4 years at Iona College where he is a four-time school record holder and sprint free and butterfly specialist. He was also an ECAC finalist and brings an elite competitive background to GYWD as well as an age group coaching credentials at Westchester Country Club. Jason will work with all levels as well as most meets. This is Jason's third season, with the team.

Nick coaches at all 6-8 pm sessions and Fridays from 5:00 pm to 7:30pm and at all morning (5:45-7:15am) and at selected Future Team sessions.

Our **Future, DPOD and TAG I teams** May from time to time receive assistance from senior YWCA instructors working with the group as numbers and skills demand.

HOW THINGS WORK IN DAY-TO-DAY SESSIONS

The coaches will use every minute of every session. A formal roll-call attendance will be taken only during the first few weeks. Later coaches will track attendance, but not take a roll call.

Every session of each group level will begin with a series of swims in organized lanes to warm-up and build endurance. We have found this a very effective method of building endurance on all our levels and making efficient use of time!

All sessions of every level will have some technique instruction and nearly every Future 56, Future, TAG I-II-III session from now through Christmas will feature hands-on and in-water instruction from a coach.

We will structure our training schedules around our Ribbon and Grand Prix meets. The upcoming meet will be the guide for the skills prior to that meet.

THE FAMILY MAILBOXES

On the upper level of the YWCA, we use a "family mailbox system". Each family will be provided a mailbox for important handouts, awards and information. Please check this cabinet weekly. It is a black horizontal file folder and will be located on the upper level and will be operational by the end of September.

OUR COMMITMENT POLICY, ATTENDANCE AND ABSENCES

If you miss an occasional session, there is no need for a note or a call. However, when you miss two consecutive sessions the coaches would like a call (869-6501 x 125), e-mail or note so we

know your situation. It should be pointed out that consistent attendance leads to consistent results, so please make every effort to be there all the time. There are **no "make-up"** sessions available.

Our team functions on cumulative skill development. Inconsistent attendance undermines this effort as a team function. All Future 56, FT, TAG I-II-III, State/National swimmers are expected to attend 85% of all sessions. State/National swimmers are expected to attend 100% of all sessions and AM "make-ups" may be available. **Swimmers, who are actively involved in their High School season, must attend a minimum of one session a week.**

ABOUT HOMEWORK AND OUTSIDE ACTIVITIES

The coaches are excited about outside activities and encourage careful planning of outside activities. However, we hope you have set your schedule so there are no direct conflicts with practice and meets. The coaches also want swimmers and parents to realize that we are supportive of academics and the need to put school first!

However, a heavy homework load is not a good excuse to miss practice. Swimmers must realize the need to organize, prepare and anticipate homework, tests and papers. The coaches will remind swimmers of this often, and, will excuse the occasional conflict.

ABOUT MEETS AND COMPETITION

The Dolphins offer three types of competitive opportunities: **Grand Prix, Dual and United States Swimming (USS) meets.**

In all our meets swimmers are encouraged to win! It is O.K. to want to win. However, we are quick to point out that in every race we will see there is only one winner. Yet, everyone can be a winner by participating, trying and improving. The coaches will discuss this often with swimmers on all levels!

The **Grand Prix** meets are the backbone of our training season. These meets guide the coaches on the speed and need of certain skills and training and give constant and immediate feedback on development.

The seven Grand Prix meets will be held about every 3-5 weeks in the Wednesday practice slots at the YWCA and are **required** for all levels, including Future 56, and Future. These meets are always held from 6:00-8:15pm and are often shorter and swimmers may leave after they finished. We will again in 2008-09 run "split sessions" to maximize efficiency. We have scheduled meets 1-3; however, meets 4-7 will be held as time trials in practice slots and feature longer stroke distances.

See the calendar for details. The following items will be our "Grand Prix Meet Rules:"

- The races will be run in heats in speed order fastest-to-slowest when times are available for seeding purposes. If a swimmer does not have a time, they will be seeded in random order with a no time (N.T.) in the last few heats.

- Every participant in each race/heat will get a ribbon that night. Later that week, points will be posted based on the order of finish among all the swimmers in that age group on that race day. For example, if twenty 8-and-under girl's race, this would translate into an overall first place

ranking and finish value of 20-points; second place would be 19-points, etc. Each age group is independent of any other. All points will accumulate over the course of the six meets.

- The top eight highest point scoring swimmers at the end of the six meets will receive a special trophy at the Team Awards Party in May. All swimmers will receive a participation trophy.

- All swimmers who successfully compete in all seven Grand Prix Meets will receive a special commemorative T-shirt at the awards party.

- Under no circumstances will there be any makeup opportunities or races regardless of circumstances. Additionally, no special heats or orders will be "tailored" for any swimmer. The coaches reserve the right to combine heats to facilitate the conduct of the meet.

• **Swimmers will swim in their actual age group as of the day of the meet (this is a change from past years!). As swimmers age up, we will carry their "place" points with them into the next age grouping.**

Our next competitive series is our Connecticut Y Swim League dual meets. These meets are "required" for all swimmers. **Swimmer's age group for these meets will now be determined as of the day of the meet. This is a change from past years!**

In dual meets, the coaches set up a line-up and distribute it a few days in advance. In these meets everyone will participate in at least one race and often two, but placement decision may be modified at the coaches discretion, based on the "strongest" line-up possible.

The Y league dual meet schedule will be available in early October. All team members on the TAG 1 and up are expected to attend these meets. Absences must be confirmed in advance with the head coach. There will be two-to-three dual meet and a championship meet.

The **third type of meets is our United States Swimming Meets (USS)**. These meets are typically held in a morning or afternoon session on weekends. Generally we attend meets in a one hour radius of the YWCA. These meets are on a sign-up basis, however, we will strongly recommend some meets to the different team levels. A swimmer's age is determined by the date of the meet.

The unique feature to USS meets is that everyone who is eligible to attend (the meets are usually set up by ability level through time standards) can sign-up and "pick" their events. There are no limits to the entries a team can have.

Our major USS events schedule is listed below, along with a general description of what team level can attend the meet. Some adjustments may be made as the season progresses. Check the team bulletin board often !

Tentative Sign up meet Schedule Oct, 2009 to April 2010
(who can attend on parentheses)

S-S Oct. 24-25 ----- Qualifier Meet at Wilton YMCA (All TAG I & up)
Sun. Oct. 25 ----- Darien Y 8/u Sign Up meet (all TAG 1 & up)
Sat. Oct. 31 -----1650 Meet at Milford (all STATE/NATIONAL)
F-S-S Nov. 13-15 ----- 9/over Age Group USA Meet at Iona College (All TAG 1 & up)
Fri Nov. 20 -----Distance Meet at Darien (all TAG 3 and up)
Sun. Dec 06 ----- Gael Aquatic Club/Iona College 8/under signup meet (all TAG 1 & up)
F-S-S Dec. 11-13----- Annapolis Swim Club Holiday Meet (Most TAG I & up 8+!)
F-S Dec. 18-19 ----- Greenwich Town Championships (all swimmers-No Future) at GHS
S-S Jan. 9-10 ----- Y State Championship Meet at Wilton 13/over. Details TBA
F-S-S Jan. 29-31----- AA Invitational at Wilton (Elig. TAG I & Up)
S-S Feb. 13-14----- Y State League Championships at Cheshire for 8/u, 9/10, 11/12's
Sun. Feb. 21 ----- CT State 8-under USA Championships at Hopkins
Feb 26-28 ----- Regional USS Champs/Site TBA (Elig. TAG I & up site TBA)
R-F-S-S Mar. 4-7 ----- CT SR Championships (Elig. Swimmers/all levels) at Wesleyan)
Mar. 11-14----- USA Sectional Champs at Harvard (elig NAT only)
R-F-S-S Mar. 11-14 ---- CT STATE Championships (Elig. Swimmers/all levels) at Wesleyan)
Sun. Mar. 21 ----- Wilton Odd Age Sign up Meet (elig TAG 1 and over)
W-S Mar. 25-28----- YWCA Jr-Sr National Championships in Charlotte, NC (all State/National elig)

Grand Prix Intersquad Meet Schedule

Wed. Sept. 30----- Grand Prix 1 (Free + Back)
Wed. Oct. 21----- Grand Prix 2 (Brst + Fly)
Wed. Nov. 18 ----- Grand Prix 3 (Free + IM)
Wed. Jan. 27----- Grand Prix 4 (Distance Free)
Wed. Feb. 3----- Grand Prix 5 (Long Back)
Wed. Feb. 24----- Grand Prix 6 (Long Breast)
Wed. Mar. 3----- Grand Prix 7 (Long Fly)

Specific meet information for these meets will be distributed via e-mail, usually four weeks in advance with a sign-up deadline date and who is qualified to attend. ***It is critical that parents check this information immediately and respond, so that a deadline is not missed.***

There is a distinct possibility that CT Swim, Inc. will add some meets to the schedule and we will consider integrating them as practical.

**AN IMPORTANT NOTE ABOUT THE
2010 YWCA NATIONAL CHAMPIONSHIP MEET**

The 2010 YWCA National Championship meet will be held again in Charlotte, North Carolina and is the ultimate championship meet goal for most of our TAG 3, State/National levels. An important reminder for all participants is that this meet will be held on March 25-28, 2010.

Travel plans are being formalized in the next few months and will in all probability have us leaving Greenwich from a NY airport early on March 25 and return late March 28. Please make sure you are able to commit to this meet by EARLY NOVEMBER. We anticipate the participation fee to be approx. \$800 and we will detail fund raising opportunities later this year. We do travel as a team with chaperones and this year's meet does not conflict with public school vacations.

www.directathletics.com for meet signups



Direct Athletics Directions For Greenwich YWCA Dolphins Swim Team

Our team uses an entry service for our signup meets via the internet, the details are below. Once our new swimmers are placed, we will upload our roster and issue all new swimmers their user names and passwords.

- 1) Go to www.directathletics.com
- 2) Login using the provided Username and Password. The default password is the same as your username. Passwords are case-sensitive, so make sure you use lowercase letters for your default password.
- 3) The first time you log in, you will be prompted to enter a personal password and your email address. Please confirm your password and your email address and click Submit.

NOTE: Your personal password is private. Nick may *change* your password, but he is he cannot *view* your password for privacy reasons. **You will not get your log on and password until the end of September.**

- 4) You will be brought to your Upcoming Meets page (SCHEDULE). You will see all upcoming meets that have been posted by your team manager/coach. To the right of each meet you will see the status of each meet, along with a link to Enter, if applicable.
- 5) Click the “Enter” link to submit entries for each meet. Check the box(es) to the left of each event you wish to enter and click Submit.
- 6) You can edit your entries at any time before the entry deadline. Simply click the link to Edit your existing entries. On the Edit page, make the appropriate changes and click Submit. Your previous entries will be over-written.
- 7) The www.directathletics.com site does yet integrate times with our Team Manger data base; therefore you are essentially “declaring” your availability to attend and the events you would like to swim. If there is ever a question, please e-mail coach Cavataro at ncavataro@iona.edu or at ncavataro@greenwichdolphins.com.

YWCA Dolphins September, 2009

S	M	T	W	T	F	S	
		1 EVALUATION 11-AND OVER 6:00-7:00pm	2 EVALUATION 8/UNDERS: 6:00-7:00pm 9-10-YEARS: 7:00-8:00pm	3 EVALUATION 8/UNDERS: 6:00-7:00pm 9-10-YEARS: 7:00-8:00pm	4 EVALUATION ANY AGE 5:00-6:00PM	5 EVALUATION ANY AGE 1:30-2:30pm	
6	⑦ LABOR DAY ALL OFF	8 EVALUATION 11-AND OVER 6:00-7:00pm	9 EVALUATION 8/UNDERS: 6:00-7:00pm 9-10-YEARS: 7:00-8:00pm	10 EVALUATION ANY AGE: 5:15-6:00pm 8/UNDERS: 6:00-7:00pm 9-10-YEARS: 7:00-8:00pm	⑪ OFF	⑫ TEAM EMAILED TO ALL & POSTED AT www.greenwic hdolphins.com by Noon	
13 OFF	14 TAG 2: 5:15-6:15pm TAG 3: 6:15-7:15pm STATE/NAT'L: 7:15-8:15pm S+C->6-7:00pm	15 TAG I 4:30-5:15pm TAG 3: 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	16 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	17 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	18 STATE/NAT'L: 3:30-5:30pm TAG 1: 5:30-6:30pm TAG 2: 6:30-7:30pm	19 STATE/NAT'L: 6:30-8:00 am FUTURE: 1:30-2:30 pm FUTURE 56: 2:30-3:15 pm PRIVATE: 3:15-3:45pm	
20 OFF	21 TAG 2: 5:15-6:15pm TAG 3: 6:15-7:15pm STATE/NAT'L: 7:15-8:15pm S+C->6-7:00pm	22 TAG I 4:30-5:15pm TAG 3: 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	23 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	24 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	25 STATE/NAT'L: 3:30-5:30pm TAG 1: 5:30-6:30pm TAG 2: 6:30-7:30pm	26 STATE/NAT'L: 6:30-8:00 am FUTURE: 1:30-2:30 pm FUTURE 56: 2:30-3:15 pm PRIVATE: 3:15-3:45pm	
27 OFF	28 TAG 2: 5:15-6:15pm TAG 3: 6:15-7:15pm STATE/NAT'L: 7:15-8:15pm S+C->6-7:00pm	29 TAG I 4:30-5:15pm TAG 3: 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	③① TAG 1-5:30-5:15 GRAND PRIX 1 FREE+BACK 8/u+13/over: 5:15-6:30 9-10 & 11/12 6:30-8:00p No S+C TODAY	<p>www.greenwichdolphins.com Nick Day - 914-633-2323 (9am-2pm) Team Info - 203-869-6501 x 125 e-mail Nick at ncavataro@greenwichdolphins.com</p>			
<p>Equipment Fitting & Sales! Sept. 21+22 5-7pm at YWCA More Details soon!</p>			<p>New Parent Orientation Mtg with Head Coach - Thur Sept. 17 or Fri Sept. 18 from 6-7pm. Attend one or other!</p>				

YWCA Dolphins October, 2009

S	M	T	W	T	F	S
				1 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	2 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	3 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: 2:30-3:15 pm PRIVATE:
4 OFF	5 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> STATE/NAT'L: <u>7:15-8:15pm</u> S+C->6-7:00pm	6 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	7 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	8 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	9 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	10 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: <u>2:30-3:15 pm</u> PRIVATE: 3:15-3:45pm
11 OFF	12 COLUMBUS DAY ALL OFF	13 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	14 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	15 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	16 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	17 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: 2:30-3:15 pm PRIVATE: 3:15-3:45pm
18 OFF	19 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> STATE/NAT'L: <u>7:15-8:15pm</u> S+C->6-7:00pm	20 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	21 TAG 1-430-515 GRAND PRIX 2 BRST & FLY 8/u + 13/over: 5:15-6:30 pm 9-10 & 11/12: 6:30-8:00 pm <u>No S+C TODAY</u>	22 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	23 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	24 NO AM WILTON Q MEET DETAILS TBA FT-1:30-2:30 FT56-2:30-3:15 PRIVATE: 3:15-3:45pm
25 WILTON Q MEET DETAILS TBA DARIEN YMCA 8/U USA MEET DETAILS TBA	26 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> STATE/NAT'L: <u>7:15-8:15pm</u> S+C->6-7:00pm	27 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	28 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	29 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	30 HAPPY HALLOWEEN ALL OFF!	31 1650 MEET IN MILFORD DETAILS TBA HAPPY HALLOWEEN NO FUTURE TEAMS
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>www.greenwichdolphins.com <u>Nick Day</u> - 914-633-2323 (9am-2pm) <u>Team Info</u> - 203-869-6501 x 125 e-mail Nick at ncavataro@greenwichdolphins.com</p> </div>						

YWCA Dolphins

November, 2009

S	M	T	W	T	F	S	
1 x	2 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> STATE/NAT'L: <u>7:15-8:15pm</u> S+C->6-7:00pm	3 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: <u>6:15-8:15pm</u>	4 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	5 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	6 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	7 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: <u>2:30-3:15 pm</u> PRIVATE:	
8 OFF	9 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> STATE/NAT'L: <u>7:15-8:15pm</u> S+C->6-7:00pm	10 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: <u>6:15-8:15pm</u>	11 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	12 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	13 IONA COLLEGE 9/over Q MEET DETAILS TBA DISTANCE SESSION 4:30-8:30pm	14 NO AM IONA COLLEGE 9/OV Q MEET DETAILS TBA FT-130-230 pm FT56-230-315p	
15 IONA COLLEGE 9/OVER USA Q MEET DETAILS TBA	16 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> STATE/NAT'L: <u>7:15-8:15pm</u> S+C->6-7:00pm	17 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: <u>6:15-8:15pm</u>	18 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	19 TAG 3 5:15-6:15pm STATE/NAT'L: 6:15-8:15pm	20 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: <u>6:30-7:30pm</u> Distance Meet at Darien YM-Details TBA	21 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: <u>2:30-3:15 pm</u> PRIVATE:	
22 OFF	23 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NAT'L at	24 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: <u>6:15-8:15pm</u>	25 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	26 HAPPY THANKSGIVIN G	27 OFF	28 STATE/NAT'L: <u>6:30-8:00 am</u> NO FUTURE TEAMS PRACTICE	
29 OFF	30 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NAT'L at	TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: <u>6:15-8:15pm</u>	<div style="border: 1px solid black; padding: 5px;"> <p>www.greenwichdolphins.com Nick Day - 914-633-2323 (9am-2pm) Team Info - 203-869-6501 x 125 e-mail Nick at ncavataro@greenwichdolphins.com</p> </div>				

YWCA Dolphins December, 2009

S	M	T	W	T	F	S
		1 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	2 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	3 TAG 3 <u>5:15-6:15pm</u> TAG 2 <u>6:15-7:15pm</u> STATE/NAT'L at GHS-630-830p m	4 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	5 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: 2:30-3:15 pm PRIVATE:
6 8/U USA MEET AT IONA COLLEGE DETAILS TBA	7 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NAT'L at GHS-630-830p	8 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	9 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	10 TBA TRAVEL DAY TO ANNAPOLIS, HOLIDAY MEET	11 NO SESSIONS ANNAPOLIS, MARYLAND HOLIDAY MEET DETAILS TBA	12 NO AM ANNAPOLIS, HOLIDAY MEET DETAILS TBA FT-130-230pm FT56-2:30-3:15 PRIVATE: 3:15-3:45pm
13 ANNAPOLIS, HOLIDAY MEET DETAILS TBA	14 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NAT'L at GHS-630-830p	15 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	16 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	17 TAG 3 <u>5:15-6:15pm</u> TAG 2 <u>6:15-7:15pm</u> STATE/NAT'L at GHS-630-830p m	18 TOWN CHAMP DISTANCE MEET AT GHS 4-8pm PRACTICE TBA	19 NO AM TOWN CHAMP MEET AT GHS 12-5PM FT+FT56: <u>1:30-2:30 pm</u>
20 OFF	21 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NAT'L at GHS-630-830p	22 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	23 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	24 OFF	25 MEERRY CHRISTMAS	26 STATE/NAT'L: <u>6:30-8:00 am</u> NO FT/F56
27 OFF	28 TBA	29 TBA	30 TBA	31 OFF		
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>www.greenwichdolphins.com Nick Day - 914-633-2323 (9am-2pm) Team Info - 203-869-6501 x 125 e-mail Nick at ncavataro@greenwichdolphins.com</p> </div>						

YWCA Dolphins

January, 2010

S	M	T	W	T	F	S
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>DOLPHIN DERBY IS COMING! JAN. 7, 14, 20, 23 DETAILS TBA!</p> </div>					① OFF	2 OFF
3 OFF	4 HAPPY NEW YEAR	5 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	6 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	⑦ STATE/NAT'L AT GYWD <u>5:15-7:15pm</u> DERBY DAY AT GHS TAG 2+3 630-830pm	8 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	⑨ NO AM 13/O Y STATE CHAMP AT WILTON FT-130-230 FT 56-230-315 PRIVATE: 3:15-3:45pm
⑩ 13/OVER Y STATE CHAMPS AT WILTON ALL DAY DETAILS TBA	11 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> STATE/NAT'L: <u>7:15-8:15pm</u> S+C->6-7:00pm	12 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	13 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	⑭ DERBY DAY STATE/NAT'L AT GHS <u>6:30-8:30pm</u> AT GYW: T3-515-615pm T2-615-715pm	15 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	16 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: <u>2:30-3:15 pm</u> PRIVATE: 3:15-3:45pm
17 OFF	⑮ MARTIN LUTHER KING DAY OFF	19 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	⑯ DERBY DAY AT GYW TAG 1 <u>430-630</u> T2-6:30-7:20p T3-7:20-8:15p NO ST/NAT S+C->6-7:00pm	21 TAG 3 <u>5:15-6:15pm</u> TAG 2 <u>6:15-7:15pm</u> STATE/NAT'L at GHS-630-830p m	⑳ STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	㉑ NO AM DERBY DAY FT & FT56 1:30-3:30pm
㉒ AA USA MEET AT WILTON DETAILS TBA	25 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NAT'L at GHS-630-830p	26 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	㉓ TAG 1-430-515 GRAND PRIX 4 DISTANCE FR 8/u & 13/over: 5:15-6:30PM 9-10 & 11-12's: <u>6:30-8:15pm</u> no S+C-TODAY	㉔ STATE/NAT'L at GYW-615-8:15p DUAL MEET V. NEW CANAAN Y AT GHS FOR 8/u & 9-12's 6:00-8:00P	㉕ STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm AA MEET AT WILTON DETAILS TBA	㉖ AA MEET AT WILTON STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: <u>2:30-3:15 pm</u> PRIVATE: 3:15-3:45pm
31 AA MEET AT WILTON	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>www.greenwichdolphins.com Nick Day - 914-633-2323 (9am-2pm) Team Info - 203-869-6501 x 125 e-mail Nick at ncavataro@greenwichdolphins.com</p> </div>					

YWCA Dolphins February, 2010

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	1 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NAT'L at	2 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	3 TAG 1-430-515 GRAND PRIX 5 50-FR & X-BK 8/u & 13/over 5:15-6:30pm 9-10 & 11-12's <u>6:30-8:15pm</u> NO S+C TODAY	4 TAG 3 5:15-6:15pm AT GYW: STATE/NAT'L: 6:15-8:15pm	5 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	6 STATE/NAT'L: 6:30-8:00 am FUTURE: 1:30-2:30 pm FUTURE 56: 2:30-3:15 pm PRIVATE: 3:15-3:45pm																																																																																																		
7 OFF	8 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NAT at	9 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	10 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	11 TAG 3 <u>5:15-6:15pm</u> TAG 2 <u>6:15-7:15pm</u> STATE/NAT'L at GHS-630-830p m	12 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	13 Y ST CHAMPS AT CHESHIRE TENTATIVELY: 8 AM->9-10 girls 1230->9-10 boys 5pm-->																																																																																																		
14 Y CHAMP AT CHESHIRE TENTATIVELY! 8AM - 11/12 GIRLS 1230 - 11/12 BOYS	15 PRESIDENTS DAY ALL OFF	16 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	17 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	18 TAG 3 5:15-6:15pm AT GYW: STATE/NAT'L: 6:15-8:15pm	19 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	20 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: 2:30-3:15 pm PRIVATE: 3:15-3:45pm																																																																																																		
21 CT STATE 8/UNDER CHAMPS DETAILS TBA AT HOPKINS, NEW HAVEN	22 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> S+C->5:15-6:15 STATE/NATL at	23 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	24 TAG 1-430-515 GRAND PRIX 6 X-BR + X-FLY 8/u & 13/over 5:15-6:30pm 9-10 & 11-12's <u>6:30-8:15pm</u> NO S+C TODAY	25 TAG 3 <u>5:15-6:15pm</u> TAG 2 <u>6:15-7:15pm</u> STATE/NAT'L at GHS-630-830p m	26 PRACTICES TBA REGIONAL CHAMPS AT NEW CANAAN OR SCSU PRACTICES TBA	27 REGIONAL CHAMPS AT NEW CANAAN OR SCSU PRACTICES TBA																																																																																																		
28 OFF	<div style="border: 1px solid black; padding: 5px;"> <p> www.greenwichdolphins.com Nick Day - 914-633-2323 (9am-2pm) Team Info - 203-869-6501 x 125 e-mail Nick at ncavataro@greenwichdolphins.com </p> </div>																																																																																																							
					<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">January</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">March</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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YWCA Dolphins

March, 2010

S	M	T	W	T	F	S
	1 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> <u>S+C->5:15-6:15</u> STATE/NAT'L at	2 TI-4:30-5:15 <u>T3-5:15-6:15pm</u> STATE/NAT'L: <u>6:15-8:15pm</u> TEAM PIX DETAILS TBA	3 TAG 1-430-515 GRAND PRIX 7 IM + LONG FR 8/u & 13/over 5:15-6:30pm 9-10 & 11-12's <u>6:30-8:15pm</u> NO S+C TODAY	4 TAG 3 <u>5:15-6:15pm</u> AT GYW: STATE/NAT'L 6:15-8:15pm	5 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: 2:30-3:15 pm	6 NO AM FT-1:30-2:30 <u>FT56-2:30-3:15</u> CT SR CHAMPS DETAILS TBA
7 OFF	8 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> <u>S+C->5:15-6:15</u> STATE/NAT'L at	9 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	10 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	11 T3-5:15-6:15pm <u>T2-6:15-7:15pm</u> STATE/NAT'L at <u>GHS-630-830p</u> m CT CHAMPS AT	12 NO PRACTICES STATE AGE GROUP CHAMPS AT WESLEYAN DETAILS TBA	13 NO PRACTICES STATE AGE GROUP CHAMPS AT WESLEYAN DETAILS TBA
14 NO PRACTICES STATE AGE GROUP CHAMPS AT WESLEYAN DETAILS TBA	15 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> STATE/NAT'L: <u>7:15-8:15pm</u> S+C->6-7:00pm	16 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	17 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	18 TAG 3 <u>5:15-6:15pm</u> TAG 2 <u>6:15-7:15pm</u> STATE/NAT'L at GHS-630-830p	19 STATE/NAT'L: <u>3:30-5:30pm</u> TAG 1: <u>5:30-6:30pm</u> TAG 2: 6:30-7:30pm	20 STATE/NAT'L: <u>6:30-8:00 am</u> FUTURE: <u>1:30-2:30 pm</u> FUTURE 56: 2:30-3:15 pm PRIVATE: 3:15-3:45pm
21 OFF	22 TAG 2: <u>5:15-6:15pm</u> TAG 3: <u>6:15-7:15pm</u> <u>S+C->5:15-6:15</u> STATE/NAT'L at	23 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	24 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm	25 ALL OFF YWCA JR-SR CHAMPS DAY 1 CHARLOTTE, NC	26 ALL OFF YWCA JR-SR CHAMPS DAY 2 CHARLOTTE, NC	27 ALL OFF YWCA JR-SR CHAMPS DAY 3 CHARLOTTE, NC
28 ALL OFF YWCA JR-SR CHAMPS DAY 4 CHARLOTTE, NC	29 ALL OFF	30 TAG I <u>4:30-5:15pm</u> TAG 3: <u>5:15-6:15pm</u> STATE/NAT'L: 6:15-8:15pm	31 TAG 1-430-515 TAG 2-515-615 TAG 3-615-715 ST/NT-715-815 S+C->6-7:00pm			
<div style="border: 1px solid black; padding: 5px;"> <p> www.greenwichdolphins.com Nick Day - 914-633-2323 (9am-2pm) Team Info - 203-869-6501 x 125 e-mail Nick at ncavataro@greenwichdolphins.com </p> </div>			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p> IMPORTANT ! YW-JR- SR CHAMPS, CHARLOTTE IS MARCH 25-28 </p> </div>			