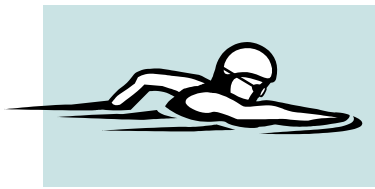


2009 CONESTOGA SWIM TEAM SCHEDULE

(updated 6/6/09)

Mon. 6/1	Practices start	at the pool	4:00 & 4:45 p.m.
Tues. 6/16	Time Trials vs. Aronomink	TBD	TBD
Sat. 6/20	Karakung	HOME	9:00 a.m.
Wed. 6/24	Broomalls Lake (JV)	HOME	6:00 p.m.
Fri. 6/26	PASTA PARTY	at the pool	TBA
Sat. 6/27	BROOMALL'S LAKE	Away	9:00 a.m.
Wed. 7/1	KARAKUNG (JV)	Away	6:00 p.m.
Mon. 7/6	Lawrence Park	HOME	6:00 p.m.
Wed. 7/8	Hilltop (JV)	HOME	6:00 p.m.
Sat. 7/11	HILLTOP	Away	9:00 a.m.
Sun. 7/12	8 & U Mini Meet @ Karakung (let coaches know if you're interested)		
Wed. 7/15	SPRINGFIELD (JV)	Away	6:00 p.m.
Fri. 7/17	TEAM POSTER CONTEST	at the pool	TBA
Sat. 7/18	Springfield (Photo & Senior Day)	HOME	9:00 a.m.
Tues. 7/21	FLOAT PARTY & AWARDS	at the pool	TBA
Wed. 7/22	KNOWLTON (JV)	Away	6:00 p.m.
Sat. 7/25	Champs at Lawrence Park	(Time & Participants to be announced)	
Sun. 7/26	"Meet of Champs"	Glenolden (invitation only)	
Tues. 7/28	Delco Times "Elite Meet"	(Delco, Suburban, & InterCounty Leagues... invitation only)	



2009 CONESTOGA SWIM TEAM NEWS

Happy spring! Summer swim season is just around the corner! Join us this year as we compete in the Delco League "A" Division. Any child that can swim one full lap (25m) of freestyle may join the team. We ask that those who can't make the full lap sign up for swim lessons. A child may join at any time during the season.

COACHES: We are delighted to announce this year's coaches:
Lindsay Kane, Head Coach and Katie Pulos, Assistant Coach

Fees: \$20/swimmer (max. \$60/family) All swimmers should have an eligibility card on file with the team reps.

Practices: start Mon. June 1:

(Middle & High school age)

11 yrs. & over 4:00 to 4:45, M-F

(Elem. school age)

10 yrs. & under 4:45 to 5:30, M-F

Summer schedule starts June 17th:

Morning:

8 & under 9:45 to 10:15 a.m

10 & under 10:15-11:00 a.m.

12, 14, & 18 & under 11:00-12:00 p.m.

Afternoon: is open to all who are unavailable to attend the morning session.

10 yrs. & under 4:30 to 5:15 p.m.

12, 14, & 18 & under 5:15 to 6:00 p.m.

SWIM SUITS: Team suit will be sold at "Toad Hollow" in Berwyn. CSC team swim caps will be sold at the snack bar during meets. Please contact one of the swim team reps or our head coach if you have any questions:

Sherrie Wilson	H: 610.688.2541	C: 610.256.8335	Sherrie.Wilson@conestogaswimclub.org
Kathie McShea	H: 610.688.1283	C: 610.212.6115	Kathie.McShea@conestogaswimclub.org
Gretchen Langan (JV)	H: 610.581.7307	C: 610.256.2987	Gretchen.Langan@conestogaswimclub.org
Nikki Maloney (JV)	H: 610.527.4283	C: 610.952.168	Nikki.Maloney@conestogaswimclub.org
Coach Lindsay Kane:	C: 610.742.7412		Lindsay.Kane@conestogaswimclub.org

Please go to the CSC website at www.conestogaswimclub.org and click on CSCNEWS for changes & updates.