

Swim Practices: Saturday and Sunday (starts Sept. 25)

5-6pm 8 and under swimmers
6-7pm 9-12 year old swimmers
7-8pm 13 and up swimmers

Swim Practices: Monday and Wednesday (starts Sept 27)

4:30-5:00 or 5:00-5:30 6 and under swimmers
4:30-5:30 7-10 year old swimmers
7:00-7:30 6 and under swimmers
7:00-8:00 7-10 year old swimmers
8:00-9:00 11 and up swimmers

- If there is space in the 7-8 slot for young 11 year olds, we will let you know.

Dry land practices for 11 and up swimmers

Starts Oct. 10

Diving Practices: Saturday and Sunday

Starts Sept 25

4-5pm Level 1
5-6pm Level 2
6-7pm Level 4
7-8pm Level 3

Level 1: Comfortable with jumping off the 1m diving board.

Level 2: Can perform a forward dive off the board (no required position), and a back fall-in from the board (this includes being assisted by the coach).

Level 3: Can perform at least 3 dives with fairly definitive position (i.e. fwd dive tuck, back dive straight, inward dive tuck, and any somersaulting dives).

Level 4 Pre-team: This class will be for divers already on a team, advanced divers, and divers entering HS who intend on diving with a team.

September 2010

Sun	Mo	Tue	Wed	Thu	Fri	Sat
			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 Swimming and Diving Begins
26	27	28	29	30		

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7:00-7:30 6 and under swimmers
7:00-8:00 7-10 year old swimmers
8:00-9:00 11 and up swimmers

Dry land practices (11 and up swimmers)

7:15-7:45 Monday and Wednesday
5:15-5:45 Sat and Sun (11-12 swimmers)
6:15-6:45 Sat and Sun (13 and up swimmers)

Diving Practices: Saturday and Sunday

4-5pm Level 1
5-6pm Level 2
6-7pm Level 4
7-8pm Level 3

Meets

Oct. 23 Mini Meet for 11 and up swimmers.
No swim practice for 10 and unders this night.

Oct 24 Mini Meet for 10 and under swimmers.
No swim practice for 11 and ups this night.

Oct 29-31 Seacoast Meet, No practices

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 Dry land starts	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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Dry land practices (11 and up swimmers)

7:15-7:45 Monday and Wednesday
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6:15-6:45 Sat and Sun (13 and up swimmers)

Diving Practices: Saturday and Sunday

4-5pm Level 1
5-6pm Level 2
6-7pm Level 4
7-8pm Level 3

Meets

Nov 14 Otter Meet
7am warm ups

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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
				Thanksgiving		
28	29	30				

December 2010

Swim Practices: Saturday and Sunday

5-7pm 10 and under swimmers

6-7pm 11 and up swimmers

Swim Practices: Monday and Wednesday

4:30-5:00 or 5:00-5:30 6 and under swimmers

4:30-5:30 7-10 year old swimmers

7:00-7:30 6 and under swimmers

7:00-8:00 7-10 year old swimmers

8:00-9:00 11 and up swimmers

Dry land practice (11 and up swimmers)

6:16-6:45 Monday and Wednesday

5:15-5:45 Sunday

Meets

Dec 3-4 Exeter Meet

Dec 11 Otter Meet, 7am warm ups

No practices on these day

ORHS Meets

- Dec 12 1:00
- Dec 19 Icebreaker, 9:00

There **will be Otter** practices on these days.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 No practices	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	
← Christmas Break →						

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7:00-8:00 7-10 year old swimmers

8:00-9:00 11 and up swimmers

Dry land practice (11 and up swimmers)

6:16-6:45 Monday and Wednesday

5:15-5:45 Sunday

Meets

Jan 7-9 Seacoast Meet

Jan 16 Otter Meet, 3:00 warm ups

- No practices on these days

ORHS Meets

- Jan 2 Holiday Invite
- Jan 5 7pm
- Jan 15 12 noon
- Jan 30 Bobcat Invite

No Otter practices after the Jan 2 or Jan 30 meets

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						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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6:16-6:45 Monday and Wednesday

5:15-5:45 Sunday

Meets

Feb 5 Otter Meet 7am warm ups

Feb 11-13 Regional Meet, requires qualifying times, Salem, MA

Feb 24-27 Age Group Meet, requires qualifying times, White River Junction, VT

No Otter practices on these days.

ORHS Meets

- Feb 2 7pm
 - Feb 11-13 High School State
- No Otter practices on these days.

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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
Oyster River schools' break						
←			→			
27	28					

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Dry land practice (11 and up swimmers)

6:16-6:45 Monday and Wednesday

5:15-5:45 Sunday

Meets

Mar 6 Last Chance Meet, 7am warm ups

TSSA Champs: Mar 19, 20

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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		