



<http://tntswimming.org>

## Newsletter for Monday, June 21, 2010



Happy birthday wishes to: Tricia Kepf and Rachel Pierce!!!

### Practice Plans

*Frankfort:*

This week – Regular schedule for the YMCA which is Monday through Friday evenings starting at 7:30 P.M. and on Saturday afternoon starting at 3:00 P.M. The discovery level swimmers will practice on Monday and Thursday at 7:30 to 8:15 P.M. Morning practices at the Juniper Hills pool are Monday through Friday mornings starting at 7:00 A.M.

Next week – Regular practice schedule of Monday through Friday evenings at 7:30 P.M. and on Saturday at 3:00 P.M. The discovery level swimmers will practice on Monday and Thursday at 7:30 to 8:15 P.M. The morning practices at the Juniper Hills pool will be Monday through Friday mornings starting at 7:00 A.M.

*Versailles:*

This week – No practice on Saturday, June 26 due to our participation in the Campbellsville swim meet. Practices will be held on Monday, Tuesday, Thursday, and Friday afternoons at 3:45 P.M.

Next week – Regular practice schedule of Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M. and on Saturday at 12:15 P.M.

### Brent Cochran Invitational / June 26 – 27, 2010 / Campbellsville, KY

This meet is a two day timed-final format at the 7-lane, 50 meter outdoor Miller Park pool located on Old Lebanon Road in Campbellsville, 42718. Swimmers may be entered into as many as 5 individual events per day and the costs are \$3.50 per individual event and the \$1.50 per swimmer KY Swimming surcharge. The meet information states that no admission will be charged and a heat sheet for the weekend will be for sale at \$7.00 each.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Saturday morning	7:30 A.M.	8:30 A.M.
	(100 free, 200 back, 100 breast, 200 fly, and 50 free for open and 13-14; 100 free, 50 back, 100 breast, 50 fly, and 50 free for 11-12, 9-10, and 8 & under)		
	Saturday afternoon	following session 1	not before 12:30 P.M.
	(400 IM then 800 free for open and 13-14 and 200 IM for 11-12, 9-10, and 8 & under)		
	Sunday morning	7:30 A.M.	8:30 A.M.
	(200 IM, 200 free, 100 back, 200 breast, and 100 fly for 13-14 and open; 200 free, 100 back, 50 breast, and 100 fly for 8 & under, 9-10, 11-12)		
	Sunday late morning	following session 3	not before 12:30 P.M.
	(1500 free for open and 13-14)		

The pool is an approximate 75 minute commute from Versailles and Frankfort. If you are interested in a motel, the following two were listed in the meet info:

Best Western	270-465-7001	Holiday Inn Express	1-888-465-2727
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Individual meet entry reports with directions to the pool are printed and can be found in the swimmer's folders at practice.

### Frankfort Classic / July 9 – 11, 2010 / Frankfort, KY

Other than the deletion of the separate 8 & under session on Saturday, this meet mirrors last year's offering. This meet will be a timed-final meet with events for the 10 & under, 9-10, 11-12, 13-14, 15 & over, and Open age-groups at the 50 meter Juniper Hills Pool in Frankfort. Swimmers may be entered into as many as 5 individual events per day (plus potential relay swims) and the costs are \$3.50 per individual event plus \$1.50 per swimmer KY Swimming swimmer surcharge and a \$1.00 per swimmer FAST surcharge. The meet information state that there will be a \$5.00 per person admission charge to the spectators and that includes the price of the heat sheet. Heat sheets will be made available after the sign-in sheets have been received by the computer operator and the seeding of each session has been completed.

<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
Friday Evening, July 10 (13-14 and open 400 free, 100 breast, 200 fly, 10 min break, 100 free, 200 back, 200 IM)	<b>7:00 P.M.</b>	<b>8:00 P.M.</b>
Saturday morning (11-12 and 10 & under 200 free, 50 breast, 100 fly, 50 free, 100 back, and 200 IM)	8:00 A.M.	9:00 A.M.
Saturday afternoon (open 1500 free)	<i>tentatively</i> 3:00 P.M.	<i>tentatively</i> 4:00 P.M.
Saturday evening (13-14 and open 400 IM, 50 free, 200 breast, 100 back, 200 free, and 100 fly)	<b>6:00 P.M.</b>	<b>7:00 P.M.</b>
Sunday morning (12 & under 400 free; 11-12 and 10 & under 100 breast, 50 back, 100 free, and 50 fly)	8:00 A.M.	9:00 A.M.

Individual meet entry reports (proofreading version) are printed and can be found in the swimmer's folders at swim practice. Please contact me promptly with any questions. Thank you!

### Remaining 2010 Long Course Meet Schedule

<b><i>Date</i></b>	<b><i>Meet</i></b>	<b><i>Location / Host</i></b>
July 15 - 18	Speedo Sectional Championship <i>(must achieve Eastern Sectional qualifying time)</i>	Athens, GA / USA Swimming
July 16 - 18	B meet and 8 & under Championship <i>(age 9 &amp; over swimmers can only be entered into events that they have not achieved an 'A' championship qualifying time during the current eligibility time frame)</i>	Louisville, KY / KY Swimming
July 22 - 25	State A Championship meet <i>(age 9 &amp; overs who have achieve 'A' championship qualifying times)</i>	Elizabethtown, KY / E-town Swim Team