

# 2009-2010 Master Schedule

## Elite Program Schedule

### Phase I – Fall/Winter

<u>DATE</u>	<u>DETAILS</u>	<u>TIME</u>	<u>LOCATION (if applicable)</u>
August 17	Week Off		
August 24	This week will practice M,T,Th	4:00-7:00pm	Roeland Park Pool
August 31	This week will practice M-T-Th	4:00-7:00pm	Roeland Park Pool
September 3	Thursday, Elite Group Registration Team Meeting	4:00-5:30pm	Roeland Park Pool
September 7	This week we will practice T,W,Th,F	5:30-7:00pm	Roeland Park Pool
September 26	Elite Athletes and Parents Mandatory Meeting	4:00-7:00pm	Roeland Park Pool
September 27	Annual Awards Presentation	8:30-10:00 a.m.	Roeland Park Pool Deck
September 28	Swim-A-Thon packets out this week	1:00-3:00pm	Roeland Park Sports Dome
September 28	Weight training begins-at the ATC (T-Th-S)		
October 3	Missouri Valley Meeting	5:00-6:45am	Athletic Training Center/JCPRD Lawrence, KS
October 17	Future Stars Meet		Roeland Park Pool
October 19 & 26	These weeks will be Assigned Stroke Inspection		
October 27	College Selection Night for (Soph-Juniors)	7:00-8:30pm	Roeland Park Pool
November 1	Blazer Annual Swim-A-Thon	7:00-9:00am	Roeland Park Pool
November 7	Saturday, Annual Parents Association Meeting	8:00-9:00am	Central High School
November 7-8	Ann Ketterer Blazer Intrasquad Meet		Central High School
November 13-15	Swim Academy Invite – (move up to Elite group only?)		Grandview
November 28	Dual Meet – Blazers Vs. Unified Team		Roeland Park Pool
December 3-6	USA Swimming Short Course Yards National Championship		Federal Way, WA
December 4-6	Missouri Valley Winter Classic Level II		Grandview, MO
December 10-13	USA Short-Course Junior Nationals		Ohio State – Columbus, OH
December 11-13	Midwestern Winter Classic “A” (Level I) Champs		Wichita, KS
December 16	We will start special training and schedules thru January 3, 2010		
December 23	Annual Hall of Fame Set 100 X 100s – PM practice		
Dec. 21 – Jan 2	A.) School is out Special Holiday Schedule. We will take <u>Off December 24<sup>th</sup> practice and resume December 26<sup>th</sup> PM.</u> Schedule will be published by late October Early November		

## **2010 PHASE II ELITE WINTER SCHEDULE**

<b><u>DATE</u></b>	<b><u>DETAILS</u></b>	<b><u>LOCATION</u></b>
January 4	Return to normal school year practice schedule.	
January 8-10	Blazer Polar Bear Invitational – East Side Host	Lee’s Summit High School Lawrence, KS
January 16-17	Midwestern Age-Group All Star	
Feb 5-7	Nike Southwest Invitational – Plano – Team trip	Dallas, TX
February 8 Week	Weights will stop for Sectional Taper athletes.	
February 12-14	USA Long Course Grand Prix – Elite	University of Missouri Central High School
February 13-14	Mid-America League Championships-(All Elite will participate)	Lee’s Summit HS Pool
Feb. 26-28	Division II Championship – Blazer East host	Oklahoma, City
March 4-7	Sectional/Region VIII Championship (Oklahoma City Community College)	Roeland Park Sports Dome
March 6	Division I Party	Wichita, KS
March 12-14	Division I Championships	
March 15	A) This week off for spring break unless preparing for National level competition. B) Practices offered T-W-Th-F-S – Special Plan	
March 22	This week #1 of Phase III M-T-W-Th-F	

# SPRING – SUMMER 2010 ELITE MASTER SCHEDULE 2010 PHASE III

<u>DATE</u>	<u>DETAILS</u>	<u>LOCATION</u>
March 25	Athletes Meeting on Phase I & II 6:30-8:00pm (after PM practice)	Roeland Park Pool
March 30	<b>MANDATORY</b> #2 Parents Meeting 7:00-8:30pm	Roeland Park Pool
March 30	Weights Phase III starts	
April 4	Easter Sunday	
April 5	Stroke Inspection Week 1	
April 17	Missouri Valley Spring Meeting	Lawrence, KS
April 27	College Selection night (Soph. - Juniors) 7:00-8:30 pm	Roeland Park Pool
April 30-May 1	Topeka Long Course Invitational	Topeka, KS
May 13-16	Charlotte Ultra Swim – Tentative decide after Phase II	Charlotte, NC
May 14-16	Blazer Early Bird Long Course Meet – East Side Host	Lee’s Summit HS Pool
May 16	Heritage Park Duathlon/Triathlon	Heritage Park
May 29	Senior Recognition 10:00AM - Breakfast	Roeland Park Pool
May 31	Memorial Day- Special Practice Day	
June 2	Last Day of School for Most School Districts	
June 4-6	Wichita Senior Meet	Wichita, KS
June 4-6	Topeka or A-B-C	Topeka, KS
June 17-20	Indiana University Senior Invite – Tentative decide after Phase II	Bloomington, IN
June 18-20	Columbia LC Invite	U. of Missouri
June 25-27	Wichita Air Capital	Wichita Swim Club
July 3	Weight program stops – as set by your taper for Sectional/Nationals	
July 9-11	Lawrence A-B-C- Optional Meet for Elite Group Swimmers	Lawrence, KS
July 11	Shawnee Mission Triathlon	Shawnee Mission Park
July 21-24	Sectional/ Region VIII Championships (University of Missouri)	Columbia, MO
July 22-24	Division II Championships	TBA
July 30-Aug 1	Division I Championships	Lenexa, KS
Aug 3 – Aug 7	National Championship	Irvine, CA
August 5-8	Central Zone Senior Championship (15-Up)	TBA
August 6-8	Central Zone Age-Group Championships	TBA
August 9-13	Junior National Championship	Irvine, CA
August 23	We will start Interseason Program (M-T-Th)	
September 2	Mandatory Athlete Meeting – 4:00pm-5:30pm      Practice - 5:30pm-7:30pm	Roeland Park Pool
September 25	Mandatory Parents Meeting – 8:00am-9:30am	Roeland Park Aquatic Center
September 26	Annual Awards Presentation	Roeland Park Sports Dome

This is the end of Phase III of the 2010 Swim Year

WHAT A GREAT YEAR!!

The Second Year of our four year plan to Olympic Year – 2012

HERE WE COME “London”!-Go USA!

***Special Note:** Grand Prix May meet and Indiana senior meet – June we will only go to one and most likely Indiana. Both would be treated as team trip. If we go to Indiana, those swimmers will not go to Wichita Air Capital the next week. Last meet before Sectionals.*