Santa Clara Swim Club Summer 2012 Stroke Clinic 9/10-9/28 (all practices at ISC)						
Group	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
All Senior Groups	3:30 - 5:30PM	3:30 - 5:30PM	3:30 - 5:30PM	3:30 - 5:30PM	3:30 - 5:30PM	No Practice
Blue Bells	5:30 - 7:00PM	5:30 - 7:00PM	5:30 - 7:00PM	5:30 - 7:00PM	5:30 - 7:00PM	No Practice
Yellow Bells	4:30 - 6:00PM	4:30 - 6:00PM	4:30 - 6:00PM	4:30 - 6:00PM	4:30 - 6:00PM	No Practice
White Bells	4:30 - 5:30PM	4:30 - 5:30PM	4:30 - 5:30PM	4:30 - 5:30PM	4:30 - 5:30PM	No Practice
Senior Make-Up	5:30 - 7:00PM	5:30 - 7:00PM	5:30 - 7:00PM	5:30 - 7:00PM	5:30 - 7:00PM	No Practice

Event Schedule for Stroke Clinic (All events will be held at ISC)

These events are designed to help bring the team together and provide information to parents and families. Please attend as many as you can.

Monday, September 10th: Stroke Clinic Begins (All groups meet in the bleachers 10 min before scheduled practice to hear from your coaches)

Thursday, September 13th: Parent Seminar (Team Room at 5:30pm)
Why Swimmers Need Dryland And What You Can Do To Maximize Your Results - Presented by John Mullen.

Monday, September 17th: Team T-Shirt Handout and speech from Head Coach John Bitter. All groups meet in bleachers at 5:30pm

Tuesday, September 18 or Wednesday September 26: Volunteering 101 and New Parent Orientation (Rotunda Conference Room)
We will host two seminars each day at 4:30 and 6:00pm to cover volunteer hours including requirements, how to sign up and different jobs available
We will also go over billing, team policies and other questions you may have regarding how the team works.

Wednesday, September 19th: Parent Happy Hour 5:00 - 6:30pm (Grass next to Learn to Swim pool)
During this time Head Coach John Bitter will give you a brief overview of the season. Kim O'Brien, our SCSC Volunteer Coordinator will be there along with COO Jamie Benes and Ad Campaign Coordinator Helen Yongyuth to answer questions about the upcoming season and our team plans.

Friday, September 21st: Dual in the Pool and Pizza Party 4:30 - 7:30pm
All swimmers will be placed on a team and be racing in SCSC's own Dual in the Pool. The club will provide pizza and we ask that all swimmers families bring something to share (salad, dessert, drinks) signups and details will be posted soon. We strongly encourage all families to attend.

Tuesday, September 25th: What is my Role? How to support your swimmer in and out of the water. (Rotunda Conference Room)
Speech by Coach Dave Meck from 5:30 - 6:00pm. Open question time from 6:6:15pm.

Saturday, September 29: IM Ready (Morgan Hill) - First meet of the season : Fall schedule starts Monday, October 1st.