



# VALLEJO AQUATIC CLUB - December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Junior Olympic Championships (Qualifying, Santa Clara)
5 Junior Olympic Championships (Qualifying, Santa Clara)	6 *Regular Practice*	7	8	9	10 *Regular Practice*	11 SRN C/B/A Meet (Santa Rosa)  SR II Champs Meet (Qualifying, Santa Clara)
12 SRN C/B/A Meet (Santa Rosa)  SR II Champs Meet (Qualifying, Santa Clara)	13 NO PRACTICE (Meet Recovery Day)	14	15	16	17 Speedo Sectional Championships (Qualifying SR Meet, LA)  *Regular Practice*	18 Speedo Sectional Championships (Qualifying SR Meet, LA)
19 Speedo Sectional Championships (Qualifying SR Meet, LA)	20 Combined Practice Schedule: H1 & H2 4-5pm LS & MS 4-5:15pm JR/PSR/SR 4-6pm Masters 5-6pm	21 Combined Practice Schedule: H1 & H2 4-5pm LS & MS 4-5:15pm JR/PSR/SR 4-6pm Masters 5-6pm	22 Combined Practice Schedule: H1 & H2 4-5pm LS & MS 4-5:15pm JR/PSR/SR 4-6pm Masters 5-6pm *12 Articles of Clothing Swim*	23 NO PRACTICE	24 NO PRACTICE	25
26	27	28 JR/PSR/SR Practice 8-10am	29	30 JR/PSR/SR Practice 8-10am	31 JR/PSR/SR Practice 8-10am  NO AFTERNOON PRACTICE	

## UPCOMING EVENTS

- DECEMBER**
- Dec 3-5 - Junior Olympic Championships Meet (Qualifying Meet, Santa Clara)
  - Dec 11-12 - SRN C/B/A+ Meet (All Groups, Santa Rosa)
  - Dec 11-12 - SR II Champs Meet (Qualifying Meet, Santa Clara)
  - Dec 13 - NO PRACTICE (Meet Recovery Day)
  - Dec 16-19 - Speedo CA/NV Sectional Championships Meet (Qualifying SR Meet, Los Angeles)
  - Dec 20-22 - Combined Practice Schedule
    - H1 & H2 4-5pm
    - LS & MS 4-5:15pm
    - JR/PSR/SR 4-6pm
    - Masters 5-6pm
  - Dec 22 - 12 Articles of Clothing Swim
  - Dec 23-24 - NO PRACTICE
  - Dec 28- Jan 5 - JR/PSR/SR Group Winter Break Morning Practice Schedule:
    - 12/28 8-10am
    - 12/30 8-10am
    - 12/31 8-10am
    - 1/3 10-12pm
    - 1/5 10-12pm
  - Dec 31 - NO AFTERNOON PRACTICE

## HAPPY BIRTHDAY!

- Vivienne McQuilling- Dec 5 (12 yrs)
- Carter Hoffmann - Dec 8 (13 yrs)
- Violet Song - Dec 8 (13 yrs)
- Abby Madrigal - Dec 12 (12 yrs)
- Nikolas Barron - Dec 14 (9 yrs)
- Naomi Ramos - Dec 18 (12 yrs)
- Selene Pangelinan - Dec 20 (16 yrs)
- Saela Fitzgerald - Dec 20 (15 yrs)