



VALLEJO AQUATIC CLUB - JUNE 2019

Sun	Mon	Tues	Wed	Thur	Fri	Sat	UPCOMING EVENTS
						1	July 4 th Vallejo 4 th of July Parade (@9:15am Location TBA)
							July 10 Team Picture Day (Individuals@4:30pm, Team Pic@6pm)
2	3	4	5	6 Summer Sanders LC Senior Meet (Qualifying SR Group, Roseville) *Regular Practice All Groups*	7 Summer Sanders LC Senior Meet (Qualifying SR Group, Roseville) *Regular Practice All Groups*	8 Summer Sanders LC Senior Meet (Qualifying SR Group, Roseville)	July 12-14 Junior Olympic Championships 14&Un (Qual Meet, Concord)
9 Summer Sanders LC Senior Meet (Qualifying SR Group, Roseville)	10	11	12 First Day of LC Morning Practice JR/JR2/SR Groups (M/W/F 6:45-9am) VJO Board Mtg (7:00pm, Portables)	13	14	15 JR/JR2/SR Group LC Practice (6:45 -9am) VJO & WA Dual Meet (@ 9am) Panda Express Fundraiser (12-9pm, Vallejo)	July 18-21 Speedo Sectional Championships (QualSR, Santa Clarita)
16	17	18	19	20 Bring A Friend Day (Regular Practice All Groups)	21	22 NAPA Long Course C/B/A Meet (Napa Valley College)	July 25 Shark Pride Day (All Groups 5-7pm)
23 NAPA Long Course C/B/A Meet (Napa Valley College)	24	25	26	27 Shark Pride Day (All Groups 5-7pm)	28	29 VJO Annual Pool Party & Alumni Reunion (3-8pm, Cunningham Pool)	July 25-28 Far Western Champs (Qualifying, Moraga)
30							July 29- Aug 1 - REAL SPIRIT WEEK (combined practice times)
							Aug 5-18 Team Break (No Practice)
							Happy Birthday!
							June 8th - Naomi Weiss (13yrs) June 25th - Juan Madrigal (18yrs) June 30th - Luvpreet Singh (13yrs)