



February 2012

Heartland Swimming Association Ramona

Schedule of Events:

- Practice at the Country Club Pool in the afternoon
- Practice Schedule as follows:
 - ✚ Senior Team: 3:00-6:00 p.m.
 - ✚ Senior Development: 3:00-5:00 p.m.
 - ✚ Gold Team: 4:30-6:00 p.m.
 - ✚ Jr. Gold Team: 5:00-6:00 p.m.
- Practice at Ramona High School in the morning is open to Senior and Adult athletes.
- Practice Schedule as follows:
 - ✚ Senior Team: M, T, Th, F from 5:15-6:45
 - ✚ Adult Team: M & F from 5:15-6:45, T & Th from 5:15-6:15

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
		1)	2) Entries Due for the S/I Senior Classic	3)	4/5)
5)	7)	8)	9)	10)	11/12)
13) Entries Due for S/I Short course JOs	14) HSA Board Meeting 7:00 Grossmont H.S.	15)	16)	17)	18/19) S/I Senior Classic
20)	21) First Day of Girls High School Swim	22)	23) Entries Due for HSA JO Max	24)	25/26) S/I Short Course JOs
27)	28)	29)			

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General Questions Contact Jolyn Yanez: starfish7212@aol.com