



TEAM REMINDERS: January 30th

*Competitive Greatness: Perform at your best when your best is required.
Your best is required each day. – John Wooden*

Practice Schedule:

- Normal practice schedule on Monday - Thursday.
- STAS Meet on Friday thru Sunday (2/3-5)
- February Calendar is online
 - Practice time changes effective February 6:
 - Bronze – 5:45-6:30pm
 - Silver – 6:15-7:15pm
 - Senior – 4:00-6:30pm

STAS Meet-Feb. 3-5: Entry fees will be on the February 1 statements.

The meet is at the Rio Del Oro Racquet Club located at 119 Scripps Drive in Sacramento.

Parking in the main lot is reserved for club members – parking will be available on Scripps Drive and in neighboring parking lots.

The Racquet Club is open to its members during the meet. Swimmers, please represent yourselves and our team appropriately when using the locker room facilities at the meet.

- Bring warm clothes and several towels to this outdoor meet.
- Wear your White BEAR shirt on Saturday and your Gray BEAR shirt on Sunday.
- Friday (events #1-10): all swimmers warm-up at 4:30pm.
- Saturday (#11-64) & Sunday (#65-120): Senior & Junior – warm-up at 7:30am.
(white shirt) (gray shirt) Gold, Silver & Bronze – warm-up at 8:20am.

Parents – Please sign up for timing at the snack shack this week!! Pick up your swimmer's 2012 USA Swimming card while you are there!

LAST CHANCE Meet-Feb. 17-19: Entries are completed. Entry fees will be on the February 1 statements. Entries will be posted at the pool next week.

2012 Meet Schedule

February 3-5	STAS BB+/- (Sacramento) – ALL SWIMMERS
February 17-19	CCA Last Chance Meet – ALL SWIMMERS
March 1-4	Clovis SR Meet – SR Group Qualifiers
March 2-4	Junior Olympics – 14&under Qualifiers
March 17-18	BEAR hosted meet – ALL SWIMMERS (AND PARENTS)