



## TEAM REMINDERS: July 26<sup>th</sup>

### Practice Schedule:

- August calendar is in files and online.
- Team Break Week is August 9-15

### Weekly Educational Handout:      **Meet Review**

**Junior Olympics:** Great Job Junior Olympic Swimmers. Team Records, Fast Relays, Finalists, and Junior Olympic Champions!

### BEAR Bucks Program:

Order Forms are out in files and available online.

Turn your order form in by Thursday, July 29.

Check your Summer Bear Bucks online at [BearRiverSwimming.org](http://BearRiverSwimming.org).

**BearRiverSwimming.org – stay informed!**

*“Plans are only good intentions unless they immediately degenerate into hard work.”  
–Peter Drucker*

### **\*\*\* Tentative FALL 2010 MEETS & ACTIVITIES \*\*\***

August 28	Time Trials / Team Picture / Team Lunch (BRHS)
September 23	1st Annual Team Awards Dinner
September 25-26	Penguin Plunge (BRHS)
October 8-10	CCA Spooktacular Meet (Roseville)
October 26	Halloween Party 4: Even More Fun
November 6-7	TERA Senior Meet (Concord) qualifiers only
November 19-21	Host Invite (BRHS) or SMST Invite (Folsom)
December 11	Dual Meet w/Penguins (BRHS)
January 21-23	Washington Open (Seattle) qualifiers only
January 28-29	Host Invite (BRHS)