



# September, 2010



## Cannonvale Cannons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Training 5.30am - 7.00am <b>SIGN ON</b> Club Night warmups 5.30pm	<b>2</b> Training 3.15pm - 5.30pm	<b>3</b> Training 5.30am - 7.00am 3.15pm - 5.00pm	<b>4</b>
<b>5</b>	<b>6</b> Training 3.15pm - 5.30pm	<b>7</b> Training 5.30am - 7.00am 3.30pm -5.30pm club night noms	<b>8</b> Training 5.30am - 7.00am Club Night warmups 5.30pm	<b>9</b> Training 3.15pm - 5.30pm	<b>10</b> Training 5.30am - 7.00am 3.15pm - 5.00pm <b>noms for GBR close</b>	<b>11</b>
<b>12</b>	<b>13</b> Training 3.15pm - 5.30pm GENERAL MEETING 6PM REEF GATEWAY	<b>14</b> Training 5.30am - 7.00am 3.30pm -5.30pm club night noms	<b>15</b> Training 5.30am - 7.00am Club Night warmups 5.30pm	<b>16</b> Training 3.15pm - 5.30pm	<b>17</b> Training 5.30am - 7.00am 3.15pm - 5.00pm	<b>18</b>
<b>19</b>	<b>20</b> Training 3.15pm - 5.30pm	<b>21</b> Training 5.30am - 7.00am 3.30pm -5.30pm club night noms	<b>22</b> Training 5.30am - 7.00am Club Night warmups 5.30pm	<b>23</b> Training 3.15pm - 5.30pm	<b>24</b> Training 5.30am - 7.00am 3.15pm - 5.00pm	<b>25</b> <b>GBR - MACKAY</b>
<b>26</b> <b>GBR - MACKAY</b>	<b>27</b> Training 3.15pm - 5.30pm	<b>28</b> Training 5.30am - 7.00am 3.30pm -5.30pm club night noms	<b>29</b> Training 5.30am - 7.00am Club Night warmups 5.30pm	<b>30</b>		

**\*\* Swim Meet Nominations** - This season our Race Secretary is Nicki Murray please speak to Nicki for all your nominations relating to all swim meets, please remember all nominations must first be discussed with the Club Coach. All flyers for this season's swim meets will be posted on the notice board.

**\*\* Club Night Nominations** - this season our Club Night Race Secretary is Theresa Manning please make sure all nominations are posted into the green letter box at the pool kiosk each Tuesday no later than 5.00pm