



February, 2012



Cannonvale Cannons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31			1	2 Training 3.30pm - 6.00pm	3 Training 5.30am - 7.00am 3.30pm - 6.00pm	4 SQ STATE SPRINTS
5 SQ STATE SPRINTS	6 Training 5.30am - 7.00am 3.30pm - 6.00pm	7 Training 5.30am - 7.00am 3.30pm -6.00pm club night noms	8 Training 5.30am - 7.00am Club Night warmups 5.30pm	9 Training 3.30pm - 6.00pm	10 Training 5.30am - 7.00am 3.30pm - 6.00pm	11 TOWNSVILLE TOURIST
12	13 Training 5.30am - 7.00am 3.30pm - 6.00pm	14 Training 5.30am - 7.00am 3.30pm -6.00pm club night noms	15 Training 5.30am - 7.00am Club Night warmups 5.30pm	16 Training 3.30pm - 6.00pm	17 Training 5.30am - 7.00am 3.30pm - 6.00pm	18
19 PIONEER	20 Training 5.30am - 7.00am 3.30pm - 6.00pm	21 Training 5.30am - 7.00am 3.30pm -6.00pm club night noms	22 Training 5.30am - 7.00am Club Night warmups 5.30pm	23 Training 3.30pm - 6.00pm	24 Training 5.30am - 7.00am 3.30pm - 6.00pm	25
26	27 Training 5.30am - 7.00am 3.30pm - 6.00pm	28 Training 5.30am - 7.00am 3.30pm -6.00pm club night noms	29 Training 5.30am - 7.00am Club Night warmups 5.30pm	Training 3.30pm - 6.00pm	Training 5.30am - 7.00am 3.30pm - 6.00pm	

**** 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