



Wenatchee Racquet and Athletic Club USS Year Round Swim Team WRAC "Water Warriors" Workout Schedule March 2010

SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
	All practices are held at WHS. (Wenatchee High School Pool) 13 & Over 5:30-7:30	KE A=6:00-7:00 B=5:30-6:15 KP 5:30-6:30 DB 6:30-8:30	13 & Over 5:30-7:30	KE A=6:00-7:00 B=5:30-6:15 KP 5:30-6:30 DB 6:30-8:30		13 & Over 9:30-11:30	
	7	8	9	10	11	12	
		13 & Over 5:30-7:30	KE A=6:00-7:00 B=5:30-6:15 KP 5:30-6:30 DB 6:30-8:30	13 & Over 5:30-7:30	KE A=6:00-7:00 B=5:30-6:15 KP 5:30-6:30 DB 6:30-8:30	*Senior Sectionals in Federal Way. (Time Standard Meet)	MLMR Invitational Meet in Moses Lake *Senior Sectionals in Federal Way. (Time Standard Meet)
	14	15	16	17	18	19	
	MLMR Invitational Meet in Moses Lake *Senior Sectionals in Federal Way. (Time Standard Meet)	13 & Over 5:30-7:30	KE A=6:00-7:00 B=5:30-6:15 KP 5:30-6:30 DB 6:30-8:30	13 & Over : Group Power Class at the WRAC, 5:30 pm Coach Darcy.	KE A=6:00-7:00 B=5:30-6:15 KP 5:30-6:30 DB 6:30-8:30	Age Group Sectional Meet in Federal Way (Time Standard Meet)	Age Group Sectional Meet in Federal Way (Time Standard Meet)
	21	22	23	24	25	26	
	Age Group Sectional Meet in Federal Way (Time Standard Meet)	13 & Over 5:30-7:30	KE A=6:00-7:00 B=5:30-6:15 KP 5:30-6:30 DB 6:30-8:30	13 & Over : Group Power Class at the WRAC, 5:30 pm Coach Darcy.	KE A=6:00-7:00 B=5:30-6:15 KP 5:30-6:30 DB 6:30-8:30		
	28	29	30	31			
		No Practice Due to Spring Break! (March 29 thru April 2)	No Practice Due to Spring Break (March 29 thru April 2)	No Practice Due to Spring Break (March 29 thru April 2)	Monthly workout calendars can be found on the WRAC website: www.wrac.org	After each meet we will celebrate our Meet swimmers by doing awards on the Tues. following the meet. 6:30pm.	All Meet info. can be found on the Inland Empire Swimming Website

Meet Opportunities:
March 13-14 MLMR Invite
 Meet in Moses Lake.

March 12-14 Senior Sectional Meet
 in Federal Way. (Time Standard Meet).

March 19-21 Age Group Sectional Meet
 in Federal Way. (Time Standard Meet).

April 16-18 Pentathlon Meet
 in Spokane at Whitworth.

May—Team Intra-squad Meet
 (more info. to come).

June 4-6 Apple Capital Meet
 in Wenatchee. (Outdoor Pool)

USS Registration
\$71 (Annual Fee) Required for all USS team Swimmers.

WRAC Member / Month:
Beginner: \$40
Intermediate: \$55
Advanced: \$65

Non WRAC Member / Month:
Beginners: \$60
Intermediate: \$80
Advanced: \$95

WRAC Coaches:
 Kathy Elwyn—Beginner Coach
 Kathy Peterson - Interm. Coach
 Darcy Bruggman - Head/Adv.
 264-1995 Cell
 662-8686 Home
bruggman.five@nwi.net

Wenatchee Racquet and Athletic Club 662-3544

Evy Gillin (WRAC Manager)
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Tricia Essick (Accounts/Billing)
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