



Berkeley Aquatic Club

Age Group Coaches' Bulletin

March 4-10



Thursday	3/04	Practices as per schedules
Friday	3/05	Practices as per schedules
Saturday	3/06	13 & Over Silver Bronze Champs *13-14 Girls- 7 am Check in *13-19 Boys- 11:15 am Check in *15-19 Girls- 4:45 pm Check in Practices as per schedules
		13 & Over Silver Bronze Champs *13-14 Girls- 7 am Check in *13-19 Boys- 10:45 am Check in *15-19 Girls- 4:00 pm Check in Mini Champs at BAC *10:15 am Check in
Monday	3/08	March Schedule
Tuesday	3/09	March Schedule
Wednesday	3/10	March Schedule

Other Information

Outlook for Next Week- March 11-17

This is subject to change!

***Please check in with a BAC coach no later than 15 minutes prior to warm up at swim meets! If you do not check in, you WILL be scratched!**

***Take Your Marks (TYM) Group Sessions:**
January 04, 2010 through March 11, 2010
April 05, 2010 through July 27, 2010

Thurs 3/11	March Schedule
Fri 3/12	March Schedule
Sat 3/13	11-12 Silver/Bronze Champs
Sun 3/14	11-12 Silver/Bronze Champs
Mon 3/15	March Schedule
Tues 3/16	March Schedule
Weds 3/17	March Schedule