

March 2022



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Wenatchee School District
Middle School Girls Swim Team

**Gold(Beginner) Group Practice –
4 PM-4:45 PM**

**Purple Group (Advanced)
Practice- 4 PM-4:45 PM Dry Land
Training 4:50 PM – 5:30 SWIM
Training**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 Picture Day Both Groups Parent Pickup- 5 PM	11	12
13	14	15	16 Swim Meet Warm-Ups- 4:00 Start Time – 4:30	17 No Practice- Parent-Teacher Conferences	18 No Practice- Parent-Teacher Conferences	19
20	21	22	23 Swim Meet Warm-Ups- 4:00 Start Time – 4:30	24	25	26
27	28	29	30 Swim Meet Warm-Ups- 4:00 Start Time – 4:30	31 Last Day of Swim Team Parent Pickup- 5 PM for Both Gold and Purple Groups		

Head Coach – Kara Rockstad rockstad.kara@wenatcheeschools.org

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Asst. Coach – Lynda Finegold Brine Lyndafinegold@gmail.com