



Bluefish Weekly Update



Monday, 9/9 thru Sunday, 9/15

"It's not what you did last year. It's what you're going to do this year. That's more important."- Albert Pujols

NOTES AND REMINDERS

WELCOME (BACK)!

- Welcome back to returning Bluefish and welcome to all new Bluefish!

What you will find in these updates

- These updates will be sent out weekly with reminders to any practice schedule changes, as well as any important reminders or deadlines.

Senior Practices the first week

- Please note that ALL Senior groups will combine for the first week of training at the Main St. branch from 4:00-7:00. Athletes should meet at Balfour Park near the Library.

Parking @ Attleboro Y Main St. Branch

- Attention to anyone driving and parking at the Main St. branch before 6pm will need to either pay .40/hr (and risk ticketing) or get a pass from the Y. You can get multiple passes if you use multiple cars. You may also park across the street in the Library lot or any other city parking lot with this pass.

Dryland at Main St, Cumberland and Warwick

- All athletes in Jr3 and the Senior groups should be prepared for outside dryland (sneakers and appropriate training gear for the weather).

Important Dates this month

- The annual Blue vs. Fish Inter-squad meet will be held at Wheaton College on Sunday, 9/22
- Metro Swim Shop will be at Wheaton to do sizing and to purchase any needed equipment during the inter-squad meet.
- Carla (our book-keeper) will also be there to assist any families with signing up and registering for the team.

Meet Signup Deadlines

- **Blue vs. Fish Meet (9/22)**
 - Signup Deadline Tuesday 9/17
- **Bluefish Distance Meet (10/13)**
 - Signup Deadline Tuesday 9/17
- **Brown Specialty Meet (10/18-10/19)**
 - Signup Deadline Tuesday 9/17

Coach Contact Information

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Bluefish Training Schedule 9/9-9/15

Attleboro YMCA Main St.

	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13	Saturday 9/14	Sunday 9/15
Senior 2/3 early	All Seniors 4:00-7:00	All Seniors 4:00-7:00	All Seniors 4:00-7:00	All Seniors 4:00-7:00	All Seniors 4:00-7:00	x	x
Senior 2/3 late						x	x
Senior 1						x	x
Junior 3	x	x	x	x	x	7:30-10:30	8:30-11:30
Junior 2	x	x	x	x	x	9:30-11:30	7:30-9:30
Junior 1	x	x	x	x	x	9:30-11:30	7:30-9:30
Mini/Gold	x	x	x	x	x	11:30-1:00	x

Attleboro YMCA Pleasant St.

	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13	Saturday 9/14	Sunday 9/15
Senior 3	x	x	x	x	x	x	x
Senior 2	x	x	x	x	x	x	x
Senior 1	x	x	x	x	x	x	x
Junior 3	x	x	x	x	x	x	x
Junior 2	7:15-8:45	7:15-8:45	7:00-8:30	7:15-8:45	x	x	x
Junior 1	5:45-7:15	5:45-7:15	7:00-8:30	5:45-7:15	x	x	x
Mini/Gold	4:30-5:45	x	5:45-7:00	4:30-5:45	x	x	x

Raynham Athletic Club

	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13	Saturday 9/14	Sunday 9/15
Senior 3	x	x	x	x	x	x	x
Senior 2	x	x	x	x	x	x	x
Senior 1	x	x	x	x	x	x	x
Junior 3	x	x	x	x	x	x	x
Junior 2	5:45-7:30	5:45-7:30	5:45-7:30	5:45-7:30	4:30-6:30	x	x
Junior 1	5:45-7:30	5:45-7:30	5:45-7:30	5:45-7:30	4:30-6:30	x	x
Mini/Gold	4:30-5:45	4:30-5:45	4:30-5:45	4:30-5:45	x	x	x

Bluefish Training Schedule 9/9-9/15

Cumberland High School

	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13	Saturday 9/14	Sunday 9/15
Senior 3	x	x	x	x	x	x	x
Senior 2	x	x	x	x	x	x	x
Senior 1	x	x	x	x	x	x	x
Junior 3	6:30-8:30	6:00-8:30	6:30-8:30	6:00-8:30	x	x	x
Junior 2	x	x	x	x	x	x	x
Junior 1	x	x	x	x	x	x	x
Mini/Gold	x	x	x	x	x	x	x

McDermott Pool Warwick

	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13	Saturday 9/14	Sunday 9/15
Senior 3	x	x	x	x	x	x	x
Senior 2	x	x	x	x	x	x	x
Senior 1	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	x	x
Junior 3	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	4:30-7:00	x	x
Junior 2	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	x	x
Junior 1	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	5:15-7:00	x	x
Mini/Gold	x	x	x	x	x	x	x

Wheaton College

	Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13	Saturday 9/14	Sunday 9/15
Senior 3	x	x	x	x	x	6:00-9:00	7:00-10:00
Senior 2	x	x	x	x	x	6:00-9:00	7:00-10:00
Senior 1	x	x	x	x	7:00-8:30	6:00-9:00	7:00-10:00
Junior 3	x	x	x	x	7:00-8:30	x	x
Junior 2	x	x	x	x	7:00-8:30	x	x
Junior 1	x	x	x	x	7:00-8:30	x	x
Mini/Gold	x	x	x	x	7:00-8:15	x	x