



March FLIGHT SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Niagara Qualifiers SILVERS Webster, NY	3 AG2 6:30-8p DevB 6:30-7:20p	4 Sr/Jr 7-8:45p AG1 6:30-7:45p DevO 6:30-7:20p Mod v FM 5pm	5 Sr/Jr 7-8:45p AG2 7:30-8:45p AG1 6:30-7:30pm	6 No Practices Mod v WG 5pm	7 Sr/Jr 7-8:30p AG2 5:30-7p AG1 5:30-7p Mod Invite @ Nott 5p	8 Sr/Jr 10:15-12p AG1/AG2 11:45-1p DevB 10-10:50a DevO 10:55-11:45a
9 CNY Last Splash Swim Meet All swimmers NOT going to golds SUNY CORTLAND	10 Sr/Jr 6:30-8p AG2 5:30-7p DevB 5:30-6:30p	11 Sr/Jr 6:30-8p AG1 5:30-7p DevO 5:30-6:30p	12 Sr/Jr 7-8:30p AG2 5:30-7p AG1 5:30-7p Mod @ Bville 5pm	13 No Practices	14 AG2 6:30-8p AG1 6:30-8p 14U Gold 6:30-8p Niagara OPEN Champs - Webster, NY	15 14U Gold 12-1:30 DevB 12-12:45p DevO 12:45-1:30p
16 Niagara Open Championships Webster Aquatic	17 Sr/Jr 6:30-8p AG2 5:30-7p DevB 5:30-6:30p	18 Sr/Jr 6:30-8p AG1 5:30-7p DevO 5:30-6:30p	19 Sr/Jr 7-8:30p AG2 5:30-7p AG1 5:30-7p	20 No Practices	21 AG2 6:30-8p AG1 6:30-8p USA 6:30-8p 14 & Under Golds - Buffalo (ECC)	22 AG2 11-Noon AG1 10-11a DevB 10-10:50a DevO 10:55-11:45a
23 Niagara 14 & Under Championships Erie Comm. College Buffalo, NY	24 Sr/Jr 7-8:30p AG2 7-8:30p AG1 5:30-7p DevB 5:30-6:15p DevO 6:15-7p	25 Sr/Jr 7-8:30p AG2 7-8:30p AG1 5:30-7p DevB 5:30-6:15p DevO 6:15-7p	26 JETS IMX Time Trials (All training groups) 13&Over 5:15p W-up 12&Under 6:30 W-up	27 No Practices	28 AG2 6:45-8p AG1 6:45-8p DevB 5:30-6:30p DevO 5:30-6:30p USA Sectionals - Buffalo, NY	29 This wraps up training for the short course season.

The Month of March is filled with Championship opportunities for our athletes. Here is a quick progression that our swimmers go through:

Club Swim Meet (Invitationals) -> Niagara LSC Silvers -> Niagara LSC Gold -> Eastern Zone Age Group Champs -> USA Sectionals -> National Meets

WHAT DOES APRIL LOOK LIKE?

JETS Learn to Swim - March 31-April 2, April 7-9

JETS Special Needs Swim Camp April 3,10 JETS Pre-Competitive Swim Camp - April 22, 23, 25

JETS return to the water April 28th to begin training for the Long Course Season