



Lake Jeanette Lightning 2011 Calendar



◀ March							~ April 2011 ~							May ▶						
Sun			Mon			Tue			Wed			Thu			Fri			Sat		
															1			2 Team Registration LJ Club House 10-2		
3 Pre-Season Practice @ Spears YMCA 3:30-4:30 8 & U 4:30-5:30 9+			4			5			6			7			8			9		
10 Pre-Season Practice @ Spears YMCA 3:30-4:30 8 & U 4:30-5:30 9+			11			12			13			14			15			16		
17 Pre-Season Practice @ Spears YMCA 3:30-4:30 8 & U 4:30-5:30 9+			18			19			20			21			22			23		
24			25			26			27			28			29			30		



Lake Jeanette Lightning 2011 Calendar



◀ April							~ May 2011 ~							June ▶						
Sun			Mon			Tue			Wed			Thu			Fri			Sat		
1			2			3			4			5			6			7		
8 Pre-Season Practice @ Spears YMCA 3:30-4:30 8 & U 4:30-5:30 9+			9 Referee/Starter Clinic 7-8:30			10 Stroke/Turn Clinic 7-8:30			11			12 Referee/Starter Clinic 7-8:30			13			14		
15 Pre-Season Practice @ Spears YMCA 3:30-4:30 8 & U 4:30-5:30 9+			16 After School Practice Turnstone Stroke & Turn Clinic 7-8:30			17 After School Practice Turnstone Referee/Starter Clinic 7-8:30			18 After School Practice Turnstone			19 After School Practice Turnstone Stroke & Turn Clinic 7-8:30			20 After School Practice Turnstone			21		
22			23 After School Practice Turnstone			24 After School Practice Turnstone			25 After School Practice Turnstone			26 After School Practice Turnstone			27 After School Practice Turnstone			28		
29			30 No Practice Memorial Day			31 After School Practice Turnstone			Notes: After School Practice Schedule: <ul style="list-style-type: none"> • 8 and under: 4 to 5 PM • Ages 9 to 12: 5 to 6 PM • Ages 13+: 6 to 7 PM All clinics held at Greensboro Country Club Poolside "Pavilion" 410 Sunset Drive Greensboro, NC 27408											



Lake Jeanette Lightning 2011 Calendar



~ June 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 After School Practice Turnstone	2 After School Practice 12 & U No Practice 13+ Turnstone Parent Meeting 6:30 Lakeside	3 After School Practice Turnstone	4 Time Trials 8:00 - 10:30 AM Lakeside
5	6 After School Practice Turnstone Pep Rally Lakeside 6:30 Ice Cream Social	7 LJST Movie Lakeside Swim Meet LJ @ HP Elks Warmup 5 PM	8 After School Practice Turnstone	9 After School Practice Turnstone	10 After School Practice Turnstone	11 Optional Stroke and Turn Clinic Ages 10 & U 8:30 Ages 11+ 9:30 Turnstone
12	13 Morning Practice Pep Rally Lakeside 6:30 Pizza	14 LJST Movie Lakeside Swim Meet GCC @ LJ Warmup 4:30 PM	15 Morning Practice Afternoon Practice	16 Morning Practice Afternoon Practice	17 Morning Practice Afternoon Practice	18 Optional Stroke and Turn Clinic Turnstone
19	20 Morning Practice Team Photo 5:30 Lakeside Pep Rally Lakeside 6:30 Pizza	21 LJST Movie Lakeside Swim Meet LJ @ Sherwood Warmup 5 PM	22 Morning Practice Afternoon Practice	23 Morning Practice Afternoon Practice	24 Swim For Cancer Pancake Breakfast Lakeside ? SFC Social Lakeside 6:30	25 Optional Stroke and Turn Clinic Turnstone SFC Rain Date Lakeside 6:30
26	27 Morning Practice Pep Rally Lakeside 6:30 Pizza	28 LJST Movie Lakeside Swim Meet Hamilton @4 LJ Warmup 4:30 PM	29 Morning Practice Afternoon Practice	30 Morning Practice Afternoon Practice	Summer Practice Schedule: Monday through Friday 8&U 8-9:15am Lakeside 9-10 9:15-10:30am Lakeside 6&U 8:15-9:15am Turnstone 11-12 8:15-9:30am Turnstone 13&up 9:30-11am Turnstone *13&up will have optional run conditioning Monday and Thursday mornings. Bring running shoes* Afternoon practice M,W,Th,F – All Turnstone 9-10 and 11-12 4:30-5:30pm 13&up 5:30-6:30pm Turnstone	



Lake Jeanette Lightning 2011 Calendar



◀ June							~ July 2011 ~							August ▶						
Sun			Mon			Tue			Wed			Thu			Fri			Sat		
															1 Morning Practice			2		
															Afternoon Practice					
3			4 No Practice 4th July Celebration			5 Swim Meet Friendly @ LJ Warmup 4:30 PM			6 Morning Practice Afternoon Practice Pasta Dinner Lakeside 6:30			7 City Meet			8 City Meet			9 City Meet		
10			11 Awards Social Lakeside 6:30			12			13			14			15			16		
17			18			19			20			21			22			23		
24			25			26			27			28			29			30		
31			Notes:																	