



| |
|---------------------------------------|
| BIG DATES AND NEWS |
| 1/7 DUAL MEET at AVY |
| 1/21/11 DUAL MEET at CMHS |
| 1/28/11 DUAL MEET at CMHS |
| GENERAL PRACTICE NIGHTS |
| Mon - Wed - Fri Trinity MS |
| Mon - Tues - Thurs - CM MIDDLE School |

JANUARY 2012



MVWYST PRACTICE LOCATION AND OTHER BIG DATES

See Us Online at www.wyst.org
Email to info@wyst.org

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--|---|---|---|---|---|
| 1 | 2 NO PRACTICE NO ADULT LAP SWIM | 3 NO PRACTICE FAMILY SWIM CMMS 7:30-8:30 | 4 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 5 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 6 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 7 DUAL MEET MVWYST @ Allegheny Valley Board bus at CM Middle School at 7:00 a.m. Allegheny Valley YMCA warm up 8:45; meet starts 9:30 |
| 8 | 9 CANONSBURG MIDDLE SCHOOL & TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 10 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 11 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 12 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 13 TRINITY NO ADULT LAP SWIM | 14 |
| 15 | 16 NO PRACTICE NO ADULT LAP SWIM | 17 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 18 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 19 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 20 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 21 HOME DUAL MEET New Castle @ MVWYST Canon McMillan HIGH School warm up 10:00; meet starts 11:00 |
| 22 | 23 NO PRACTICE Check out Trinity vs CM Varsity Swim Meet CMHS @ 6:00 NO ADULT LAP SWIM | 24 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 25 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 26 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 27 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 28 HOME DUAL MEET Sewickley @ MVWYST Canon McMillan HIGH School warm up 10:00; meet starts 11:00 |
| 29 | 30 CANONSBURG MIDDLE SCHOOL & TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 27 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 28 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 29 CANONSBURG MIDDLE SCHOOL FAMILY SWIM CMMS 7:30-8:30 | 30 TRINITY ADULT LAP SWIM CMMS 7:30-8:30 | 31 |

Canon-McMillan School District: www.cmsd.k12.pa.us
Trinity Area School District: www.trinitypride.org

PRACTICE AT CANON MCMILLAN 5:30 - 7:30 PM; PRACTICE AT TRINITY 6:00 - 7:30 PM
NO PRACTICES ON DAYS THAT THE PRACTICE LOCATION HAS NO SCHOOL DUE TO WEATHER

NOTES