

## HAST Spring/Summer 2010 INFO

Revised 3/22/10 --- (Novice M/W earlier)

Our Season will start on Monday April 12<sup>th</sup> and will go until July 23<sup>rd</sup> or your last meet.

### Basic Spring Practice Schedule – Indoors @ Hastings MS Pool – (April 12<sup>th</sup> – June 11

Group	Mon	Tues	Wed	Thur	Fri	
PS/S/SS		6:00-7:00AM		6:00-7:00AM		
Novice	6:00-7:00pm	6:30-7:30pm	6:00-7:00pm	6:30-7:30pm	5:45-7:00pm	
Age Group	6:15-7:30pm	5:00-6:00pm	6:15-7:30pm	5:00-6:00pm	5:45-7:00pm	M/W/F Start Outdoors w/ <i>Dry-Land</i>
Pre Senior	3:30-5:30pm	3:30-5:00pm	3:00-5:30pm	3:30-5:00pm	3:30-6:00pm	M/W/F Start Outdoors w/ <i>Dry-Land</i>
Senior	3:30-6:00pm	3:30-5:30pm	3:30-6:00pm	3:30-5:30pm	3:30-6:00pm	M/W/F Start Outdoors w/ <i>Dry-Land</i>
*Spring Sport	5:00-6:30pm	AM option Only	5:00-6:30pm	AM option Only	5:00-7:00pm	
Masters	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm		
		Sharks 6:00-7:00pm		Sharks 6:00-7:00pm		Sharks 2 sessions: April 6–29 <sup>th</sup> , May 4 – 27 <sup>th</sup>

\*In April & May we will offer a Spring Sport option for PS/S who cannot make the practice time due to another activity.

### Basic Summer AM Practice Schedule: Outdoors @ HFAC – (June 14<sup>th</sup> – July 23<sup>rd</sup> or last meet)

Group	Mon	Tues	Wed	Thur	Fri
Novice	8-9am		8-9am		8-9am
Age Group	7:45-9am		7:45-9am		7:45-9am
Pre Senior	6:15-7:45am	*6:45-9:00am	6:15-7:45am	*6:45-9:00am	6:00-8:00am
Senior	6:00-8:00am	*6:45-9:00am	6:00-8:00am	*6:45-9:00am	6:00-8:00am
*1/2 hour Dry-Land Road-Side Park, Swim 7:30-9am		In addition, we will offer 6 x during the SUMMER to sign up to work on STARTS, TURNS, AND Underwater CAMERA Tu-6/15 W-6/16 Th-6/17 Tu-7/6 W-7/7 Th-7/8 (9-10am or 10-11am Outdoors @ HFAC)			

### Basic Summer PM Practice Schedule: Indoors @ Hastings MS Pool– (June 14<sup>th</sup> – July 23<sup>rd</sup> or last meet)

Group	Mon	Tues	Wed	Thur	Fri
Novice		5:30-6:30pm		5:30-6:30pm	
Age Group		5:00-6:00pm		5:00-6:00pm	
Pre Senior / Senior	5:00-6:30pm		5:00-6:30pm		
Masters	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	

### HAST Spring / Summer Meet Schedule 2010

4/30	HAST FUN RELAYS	All Levels	Hastings MS Pool
5/21	<b>HAST Conference C-Novice</b>	<b>C &amp; pre C</b>	<b>Hastings MS Pool</b>
5/22-23	Edina Invite	C & above	Valley View MS Pool
6/5-6	Twin A	A & above	U of M Aquatic Center
6/12-13	B/C	B & C	SHRK – Farmington
6/26-27	Eau Claire Invite	C & above	Fairfax Outdoor Pool
7/8-11	Summer Sizzler	12&U B & above, 13+ C & above	Cedar Falls, Iowa – Outdoor 50m
7/21-24	Speedo	Speedo	U of M Aquatic Center
7/23-25	A/B/C Finals	12&U A/B, 13& UP A/B/C	Mankato Aquatic Center
7/29-8/1	STATE	'CHAMP' Individual, A/B to fill Relays	U of M Aquatic Center
8/6-8	Zones – 14 & Under	ZONE = National AAA	Kenosha, WI
8/6-8	Zones – 18 & Under	ZONE = National AAA	Bismarck, ND
8/9-13	Jr Nationals	USA summer Jr Nationals	Irvine, California

\*Additional Conference C-Novice Meets will be added.