

St. Anthony's vs. Trinity



December 5, 2009



















No Diving

APR 10
Lecture 2000
Lecture 1999
Lecture 1998
Lecture 1997
Lecture 1996
Lecture 1995
Lecture 1994
Lecture 1993
Lecture 1992
Lecture 1991
Lecture 1990
Lecture 1989
Lecture 1988
Lecture 1987
Lecture 1986
Lecture 1985
Lecture 1984
Lecture 1983
Lecture 1982
Lecture 1981
Lecture 1980

IST INTERNATIONAL SPORTS TRADING

4 FEET DEEP





























5:00 AM

Swim Team

Practice

10:00 AM

1:00 PM

4:00 PM

7:00 PM

10:00 PM

12:00 AM

3:00 AM

6:00 AM

9:00 AM

12:00 PM

3:00 PM

6:00 PM

9:00 PM

12:00 AM

3:00 AM

6:00 AM

9:00 PM

12:00 AM

3:00 AM

6:00 AM

9:00 PM

12:00 AM

3:00 AM

6:00 AM

9:00 PM

SCORING BOARD
SW-08

5:00 WK
KICKING ZOOBERS
25° ON THE CLOCK AT 1:00 PM ☺

1,200 FREE

4:50 BACK
4:55 BOOST

BACKSTROKE FIN @ LAGUNA CREEK
SPRINT F.N.S.H. What do you do for a Good BACKSTROKE Stroke?

1.
2.



4



Warning
No DIVING!
No Use of Diving Boards
No Use of Inflatable Rafts

FRIARS

KICKING ZOOBERS
25' ON THE SIDE OF THE POOL

1:20 FREE

4:50 POK
4:50 BEST

BACKSTROKE KIP & LIFEGUARD GEAR
SPRINT FINISH. What do you do for a Good BACKSTROKE FINISH?

1
2



5:00 AM
 KICKING ZOOHERS
 25' ON THE GOLF OF THE BALL ☺

1:20 FREE

4:30 BACK
 4:50 MOST

BACKSTROKE CP @ LIFEGUARD GOLF
 SPENT FINISH. What do you do for a Good BACKSTROKE
 Finish?
 1
 2



FEET





Warning
No DIVING!
Water Depth is Less Than 8 Feet

Use Caution to Prevent Injuries

SCOREBOARD
OFF ON

5:10 W
VISUING ZOOMERS
25' ON THE CLIFF OF THE FALL ☺

1,280 FREE

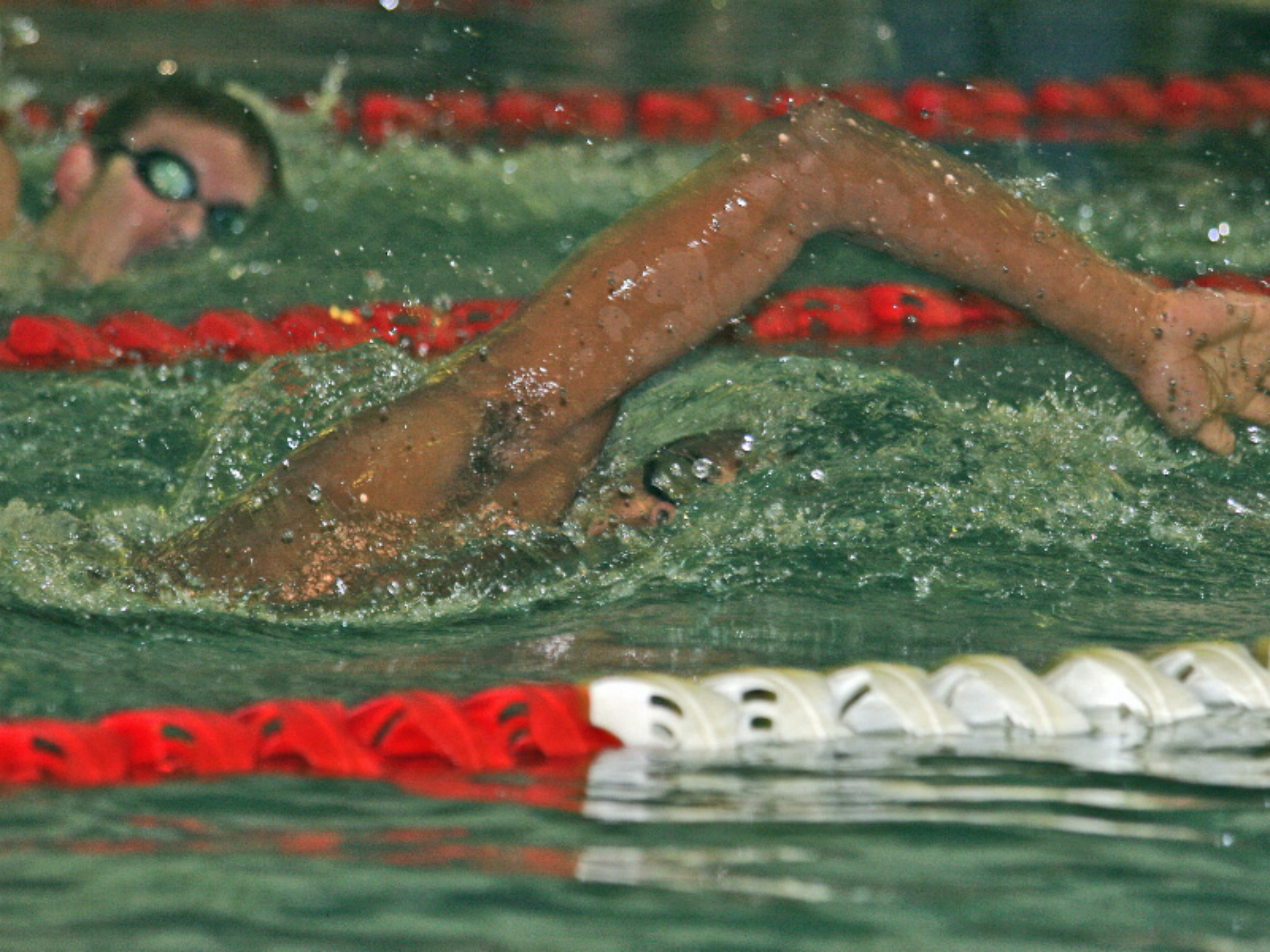
4:00 TRAX
4:50 BREAST

BACKSTROKE FIVE'S LIVESAVING GEAR
SPRINT FINISH

WENT TO THE DO SWIM
1
2

FRIAR































USE CAUTION WHEN DIVING



1. Head and neck injuries can result from improper diving.
2. To avoid such injuries, use caution when diving.
3. There may be additional hazards for persons weighing 175 lbs. or more.
4. Do not double bounce on diving board.
5. Do not move the lifelines all the way to the end.
6. Check water depth and do not dive out of deep water area.
7. Please ask the lifeguard or management as to where you are to dive.
8. Only one person at a time on the diving board.
9. Be sure the diving area is clear before diving.
10. Wait for the previous diver to reach the side of the pool before diving.
11. Do not swim under the diving board.
12. Dive straight off the board.

FRIARS

Back 1/2
 Forward Pike
 Reverse St-
 FWD 1 1/2 p
 FWD 1 1/2 twist

Optional

Inward 1 1/2 pike
 FWD 2 1/2
 Back 1 1/2 tuck
 FWD 1 1/2 2 twist
 Reverse 1 1/2 tuck















12 FEET DEEP









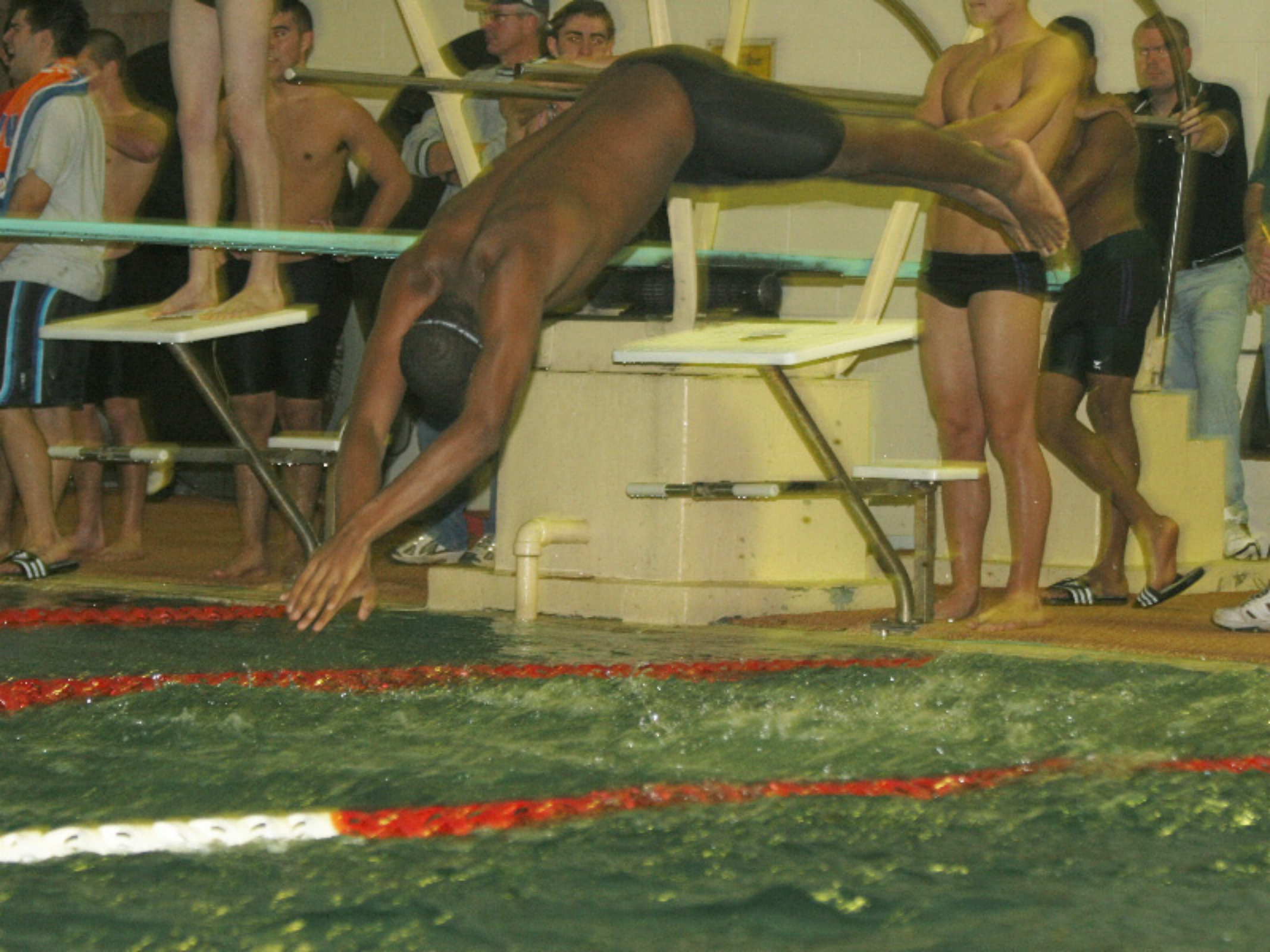














FRIARS

FRIARS

W 1N







St. Anthony's
SWIMMING
& DIVING