

Forest Park 2010 Calendar

DATE	OPPONENT/ACTIVITY	A/B	LOCATION
Thursday, April 1	Sign Ups and Parent Orientation		Westwood 6:30-8:30
Saturday, April 10	Flip Turn Clinic 10 - 11 or 11 - 12		FP
Monday, April 12	Swim Practice Begins		
Wednesday, April 14	NO PRACTICE		
Friday, April 16	Swimmer BBQ after practice		
Wednesday, April 21	NO PRACTICE		
Wednesday, April 28	NO PRACTICE		
Friday, May 7	NO PRACTICE		
Saturday, May 22	Time Trials		FP
Wednesday, June 2	Woodlands	A	FP
Saturday, June 5	Valley Vista	B	FP
Wednesday, June 9	Pinole Seals	B	FP
Saturday, June 12	Relay Meet		FP
Monday, June 14	NO PRACTICE		
Tuesday, June 15	Swimmer Breakfast--1 st day of summer practice		FP
Wednesday, June 16	Pinole Seals	A	Pinole
Saturday, June 19	Ygnacio Wood	B	Ygnacio Wood
MONDAY, June 21	Brentwood Dolphin Swim Club	B	FP
Wednesday, June 23	Ygnacio Wood	A	FP
Friday, June 25	Team Pictures		FP
Friday, June 25	Forest Park Swim Club Pasta Feed 6pm		FP
Sat/Sun, June 26 & 27	Battle of Ages		Pleasant Hill Middle School
Monday, June 28	Beach Trip		TBD
Sunday, July 4	FP Swim Club July 4 th Picnic		FP
Wednesday, July 7	Brentwood Dolphin Swim Club	A	Heritage High School
Friday, July 9	Forest Park Swim Club Pasta Feed 6pm		FP
Sat/Sun July 10 & 11	East County Invitational		Los Medanos College
Sunday, July 11	After ECI Meet—Pizza		Mountain Mikes
Week of July 12	Torture Week 11 & up		FP
Monday, July 12	Swim-a-thon		FP
Wednesday, July 14	Woodlands	B	Woodlands
Friday, July 16	Triathlon 11 & up		
Saturday, July 17	Valley Vista	A	Valley Vista
Saturday, July 17	Buddy Night		FP
Week of July 19	Torture Week 10 & Under		FP
Wednesday, July 21	Antioch Delta Skimmers	A	FP
Saturday, July 24	No Meets (15-18 Camping Trip)		
Wednesday, July 28	Antioch Delta Skimmers	B	Los Medanos College
Friday, July 30	Forest Park Swim Club Pasta Feed 6pm		FP
Sat/Sun, 7/31 & 8/1	League Championships		Los Medanos College
August 2-6	SPIRIT WEEK		SHOW YOUR SPIRIT!!
Monday, August 2	Team Trip		Destination TBD
Thursday, Aug 5	League Awards/Potato Bar 6pm		FP
August 6, 7, & 8	Concord City Meet		Cowell Pool
Wednesday, Aug 11	City Awards/Fiesta Night		FP
August 14 & 15	County Meet		Acalanes High School
	End of Year Awards		TBD