

Pain Week 2009

Monday

1:00-2:00 Air Band Practice @ Cow High

2:00-3:00 Activities @ Cow High

3:00- 5:00 Bowling

5:00-6:00 Dinner @ Cow High (bring your own)

6:00-7:30 Pool (Swim-o-thon)

Tuesday

7:30- 9:00a.m. Pool (Mandatory For ALL Intermediates and Seniors)

1:00- 2:00 Activities @ Cow High

2:00- 2:30 Walk to Go Carts

2:30- 4:30 Go Carts/ Mini Golf

4:30- 5:00 Walk to Cow High

5:00- 6:00 Dinner @ Cow High (bring your own)

6:00-7:30 Pool

Wednesday

1:00-3:30 Hike @ TBA- Parents required to attend (to help supervise)

3:30 Drive to Cow High by parents

4:00- 5:00 Water Fight @ Cow High (bring your own sponges)

5:00- 6:00 Dinner @ Cow High (bring your own)

6:00- 7:30 Pool

Thursday

7:30- 9:00a.m. Pool (Mandatory For **ALL** Intermediates and Seniors)

1:00- 2:00 Activities @ Cow High

2:00- 4:00 Pool

5:00-Friday Campout @ Moose Lodge-with games, movies, and dinner provided by club

Friday

8:00-9:30 Pancake Breakfast & Pain Week End Ceremony @ Moose Lodge

9:30-10:00 Clean-up

6:00-7:30 Pool

Pain Week Criteria 2009

This criteria is an outline for being awarded a free pain week t-shirt, if you follow the following requirements.

- Comes to ALL swim practices
- Morning practices on Tuesday and Thursday are MANDATORY for ALL Intermediates and Seniors during pain week
- Has a good attitude
- Listens
- Has fun!

This year pain week activities will be run by Coach Christopher and Coach Taylor

If you have any questions please feel free to contact;
Coach Christopher (250) 748-1745 or e-mail swim2win@telus.net