## **Groups/Practice Times**

Within the first 2 weeks, the coaches may reassign swimmers into the appropriate groups. Depending on how many swimmers register we may have to limit the number in each group.

Minnows 1 & 2 – Beginner level, must be able to swim 1 lap without assistance.

White: Elementary School Age, must be legal in at least 2 strokes and previous swim team experience. Blue: Elementary School Age, must be legal in at least 4 strokes and previous swim team experience.

Silver: Middle/High School Age, Legal in all 4 strokes.

Gold: Middle/High School Age, Proficient in all strokes, turns and starts.

Groups	May 30 <sup>th -</sup> June 1 <sup>st</sup> PM Schedule Tuesday-Thursday	June 5 <sup>th</sup> - End of Season AM Schedule Monday-Friday	June 5 <sup>th</sup> - End of Season PM Schedule Monday-Thursday
Minnows 1	6:00—6:30 pm	9:30—10:10 am	6:00—6:30 pm
Minnows 2	6:35—7:05 pm	9:30—10:10 am	6:35—7:05 pm
White	7:10—8:10 pm	8:40—9:25 am	7:10—8:10 pm
Blue	7:10—8:10 pm	8:40—9:25 am	7:10—8:10 pm
Silver	8:15-9:15 pm	7:35—8:35 am	8:15-9:15 pm
Gold	8:15-9:15 pm	7:35—8:35 am	8:15-9:15 pm

## May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
21	22	23	24 Late Registration Begins	25	26	27
28 Last day for a refund	29 Memorial Day Pool Opens!	30 First Day of Practice PM practice only	31 Practice PM			

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SUN	MON	TUE	WED	THU	FRI	SAT
				Practice PM	No Practice	3
4	5 Practice AM & PM Popsicle Night	6 Practice AM&PM Parent meeting at pool – 7pm	7 Practice AM&PM	8 Practice AM&PM	9 Practice AM only	10
11	12 Practice AM&PM	Practice AM&PM  TEAM PICTURES  Arrival at 4:00PM	No AM practice Practice PM only	15 Practice AM&PM	16 Practice AM Only	17 Mock Meet 7:00 A.M.
18	19 Practice AM&PM	20 KONO ICE Fundraises  CRC@CF Arrive at: 4:45 Rain Date: 6/22		Practice AM&PM	Practice AM only	24
25	26 Practice AM&PM Game Night	27  CF@FSC  Arrive at: 4:45  Rain Date: 6/29	28 Practice AM&PM	29 Practice AM&PM	30 Practice AM Only	
July 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	Practice AM&PM  Popsicle Night	4 <u>no practice</u>	No AM practice Practice PM Only	6 KONO ICE Fundraiser Orange@CF Arrive at: 4:45 Rain Date: 7/7	Practice AM Only	8
9	10 Practice AM&PM	11  CF@FSCC  Arrive at: 5:00  Rain Date: 7/13	No AM practice Practice PM Only	13 Practice AM&PM	14 Practice AM Only	15
16	17 Practice AM&PM	18 Practice AM&PM	19 Regionals @ FSC Rain Date: 7/21	20 All-Star practice	21 <u>All Star Practice</u>	22 All Stars @FSCC  Team Banquet  TIME: TBD