

## MV Swim Team 2018 Season Meet & Practice Schedule

	6 & Under	7 & 8's	9 & 10's	11&12's	13 & up
<b>Evening Practices begin 5/14</b>					
May 14,15 (M,T)	5:00 – 5:30	4:45 - 5:30	4:00 - 4:45	5:30 - 6:15	6:15 - 7:15
May 17 (Th)	5:00 – 5:30	4:45 - 5:30	4:00 - 4:45	5:30 - 6:15	6:15 - 7:15
May 18 (F) Time Trials/Volunteer Training	4:00 set up/warm ups, 5:00 10U, 5:30 11 & over - short free and back				
May 21 – 22 (M, T)	5:00 – 5:30	4:45 - 5:30	4:00 - 4:45	5:30 - 6:15	6:15 - 7:15
May 23 (W)	LAST DAY OF SCHOOL - NO PRACTICE				
<b>Morning Practices begin 5/24</b>					
	6 & Under	7&8's	9&10's	11&12's	13& up
<i>The last 15 minutes of practice for ages 7-18 is dryland workout.</i>					
May 24 (TH)	9:30 - 10:00	8:45 - 9:45	8:00 - 9:00	9:30 - 10:30	10:15 -11:15
May 25 (F)	MEMORIAL DAY WEEKEND - NO PRACTICE				
May 28 (M)	MEMORIAL DAY - NO PRACTICE				
May 29 – 31 (T-TH)	9:30 - 10:00	8:45 - 9:45	8:00 - 9:00	9:30 - 10:30	10:15 -11:15
May 31 (TH)	6:00pm Lansmoore @ HOME				
June 4 – 7 (M-TH)	9:30 - 10:00	8:45 - 9:45	8:00 - 9:00	9:30 - 10:30	10:15 -11:15
June 7 (TH)	6:00pm AWAY at Rivermoore				
<b>June 8 (F) Team Picture @ 8:15</b>	8:00 indiv/sibling photos		8:15 start Team Photo		9-10 Fun Friday
June 11 - 14 (M-TH)	9:30 - 10:00	8:45 - 9:45	8:00 - 9:00	9:30 - 10:30	10:15 -11:15
June 14 (TH)	6:00pm AWAY at Chateau Elan				
June 18 – 21 (M-TH)	9:30 - 10:00	8:45 - 9:45	8:00 - 9:00	9:30 - 10:30	10:15 -11:15
June 21 (TH)	6:00pm Thunderbolts @ HOME				
June 25 – 28 (M-TH)	9:30 - 10:00	8:45 - 9:45	8:00 - 9:00	9:30 - 10:30	10:15 -11:15
June 28 (TH)	6:00pm Hamilton Mill @ HOME				
July 2 (M)	9:30 - 10:00	8:45 - 9:45	8:00 - 9:00	9:30 - 10:30	10:15 -11:15
July 2 (M)	6:00pm AWAY at Wild Timber				
<i>The last 15 minutes of practice for ages 7-18 is dryland workout.</i>					
FUN FRIDAYS (Fridays, June 1-29)	9:00 - 10:00 for all ages that want to participate and have fun!				
<b>County Practices begin 6/3</b>					
	10 & Under		11 & Up		
July 3, 5 - 6 (T, Th, F: County Top 75 ONLY)	8:00 - 9:00		9:00 - 10:00		
July 4 (W)	FOURTH OF JULY - NO PRACTICE				
July 9 - 13 (M-F: County Top 50 ONLY)	8:00 - 9:00		9:00 - 10:00		