


JUNE 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
	-Memorial Day-	First day of afternoon practices 3:45p-7:00p	First day of 8U swim practices	Afternoon practices	Afternoon practices	
04 Swim – S&T Clinics 8:30a Dive – Meet Workers / Judges Clinics 10:30a	05 Afternoon practices	06 Afternoon practices	07 Swim – Ref/Starter Clinic (recert) 7:00p Dive -Referee Clinic 6:30p Afternoon practices	08 Afternoon practices	09 Set-up for Time Trials 7:45p Afternoon practices	10 Swim - Time Trials (intrasquad) @ RH
11 Swim – Ref; Starter; Ref/Starter Clinics 8:30a Car & Dog Wash 8:30-10:30a Dive –Referee Clinic 2:00p	12 Afternoon practices	13 Dive – Judges Clinic 6:30p Swim – S&T (recert)Clinic 7:00p Swim – Team Tuesday Afternoon practices	14 Swim – S&T (recert) Clinics 7:00p Afternoon practices	15 Pasta Dinner 7:00p (Last ACPS school day) Afternoon practices	16 (Last FCPS school day) Afternoon practices Set-up for swim meet 7:45p	17 Dive – Meet Workers Clinic 2:00p Swim - NVSL meet #1 Dominion Hills @ RH
18 Dive – Greater Springfield Invitational @ Walden Glen -Father's Day-	19 9-12 Age Group Social 11:00a Swim - B meet #1 RH @ Orange Hunt Morning practices & Mini Seahawks -Juneteenth-	20 Swim – Team Tuesday Dive - meet #1 Crosspointe @ RH Morning practices	21 Off-site Activity, TBD Dive – Judges Clinic 6:30p Dryland (13+) Morning practices	22 13+ Progressive Dinner 6:00p Dryland (13+) Morning practices	23 Team Pictures 8:00a Friday Breakfast Dive – Fun Friday Modified practices	24 Swim - NVSL meet #2 RH @ Country Club Hills
25	26 8U & Minis Age Group Social 11:00a Swim - B meet #2 RH @ Rolling Forest Morning practices	27 Swim – Team Tuesday Dive - meet #2 Parliament @ RH (Senior Night) Morning practices	28 Swim - Relay Carnival @ Sleepy Hollow Bath Dryland (13+) Morning practices	29 Dryland (13+) (Relay Carnival - rain date) Morning practices	30 Dive – Fun Friday Friday Breakfast Scavenger Hunt 11:00a (Team Pictures – rain date)	July 1 Swim - NVSL meet #3 RH @ Lakeview