

2016 Practice Schedule

1st Practice Week	May 2-6	The Club
2nd Practice Week	May 9-13	Ellis Creek
3rd Practice Week	May 16-19*	The Club*
4th Practice Week	May 23-27	Ellis Creek
5th Practice Week	May 31-June 6	The Club
6th Practice Week	June 7-13	Ellis Creek
7th Practice Week	June 14-20	Ellis Creek
8th Practice Week	June 21-27	The Club
9th Practice Week	June 28-July 5	The Club
Practice for Meet of Champions	July 6-7	The Club
Practice for All-Stars (Sunday)	July 10	TBA
Practice for All-Stars (Monday)	July 11	TBA

*Friday of Week 3 is at Ellis Creek -- party day!

2016 Practice Times

May 2-June 2	**PM (Mon-Fri)**
Age Group	**Time**
6 & Under	4:00-4:30 PM
7 & 8	4:30-5:15 PM
9 & 10	5:15-6:00 PM
11 & 12	6:00-7:00 PM
13 & Up	7:00-8:00 PM
June 3-July 15	**AM (Tue-Fri)**
Age Group	**Time**
6 & Under	8:15-8:45 AM
7 & 8	8:45-9:30 AM
9 & 10	9:30-10:30 AM
11 & 12	10:30-11:30 AM
13 & Up	7:00-8:15 AM
June 6-July 5	**Meet Day**
Age Group	**Time**
6 & Under	No Practice
7 & 8	8:00-8:30 AM
9 & 10	8:30-9:00 AM
11 & 12	9:00-9:30 AM
13 & Up	9:30-10:00 AM

2016 Meet Schedule

Meet #1 vs. Sweetwater	June 6	The Club
Meet #2 vs. First Colony	June 13	Away
Meet #3 vs. Greatwood	June 20	Away
Meet #4 vs. Maplewood	June 27	The Club
Meet #5 vs. Torpedoes	July 5 (Tuesday)	The Club (Away)
Meet of Champions	July 8	TBA
All-Stars	July 12	Don Cook Nat

All regular meets begin at 4:30 PM. ***Swimmer check-in at 3:15 PM for home meets and 3:45 PM for away meets.***

Other Important Dates

Parent Meeting	May 1	The Club (inside), 4:00 PM
Last Drop Date	May 13	Partial Refunds
Kick-Off Party, Duck Race, Pics	May 20	Individuals 5:30, Team picture 6:15, duck race & party 6:30 PM
Online Volunteer Sign-up	May 14	Begins at 8:00 AM; Sign up by June 13 (Meet #2)
Time Trials & Volunteer Training	May 24 & 25	Ellis Creek during regular practice times
Holiday / Memorial Day	May 30	No Practice
Stroke Clinic	June 4	The Club - 7:30 AM (Short), 8:00 AM (Long)
Holiday / July 4th	July 4	No Practice (meet the next day!)
End-of-Season Awards Party	July 9	The Club - 6:00-9:00 PM

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