

2011 PRACTICE TIMES

The following practice schedule is provided as a guideline and is subject to change. Coaches will reschedule some swimmers in order to have swimmers with similar needs and abilities in the pool at the same time.

MAY 9-27	Age Group	May 31st – July 15th
4:30 – 5:15 PM	8 & Under	9:15 – 10:00 AM
5:15 - 6:00 PM	9 – 12	8:00 – 9:15 AM
6:00 - 7:00 PM	13 & Over	6:30 – 8:00 AM

Our practice or training program is designed to acquaint and teach young swimmers the strokes and training involved in today's competitive swimming. Emphasis is placed on learning the proper stroke, start and turn techniques, and "personal best" improvement. Swimmers are introduced to competition through weekly swim meets.

Swimmers must come to practice with a suit, goggles (in good working order), and a towel. Swimmers are asked to attend all training sessions, but it is understood that there will be absences from time to time.