



SUMMER SWIM TEAM 2024

Instruction for any MSC member athlete between the ages of 5-18. Qualifying athletes must be capable of swimming the length of the pool or approved by the coaching staff.

SPRING PRACTICE SCHEDULE

Beginning May 20, 2024

- 11&12, 13+:** 4:00 – 4:45 Mon-Fri
- 9&10:** 4:45 – 5:30 Mon-Fri
- 8&U:** 5:30 – 6:00 Mon-Fri
- Mini Mantas:** 6:00 – 6:30 Tues & Thurs



SUMMER PRACTICE SCHEDULE

Beginning June 24, 2024

- 9 & 10:** 8:30 – 9:15 Mon-Fri
- 11&12:** 9:15 – 10:15 Mon-Fri
- 13+:** 10:15 – 11:15 Mon-Fri
- Mini Mantas:** 10:15 – 10:45 Mon-Thurs
- 8&U:** 11:15 – 12:00 Mon-Fri

2024 TEAM CALENDAR

All Dates are Tentative

All meet times & locations subject to change

- May 5 Summer Programming Meet & Greet
- June 10 Time Trials @ MSC, 5:00 (4:00 check-in, 4:15 warm-up)
- June 18 "B" Meet HOME vs. Klahanie
- June 20 "A" Meet AWAY @ Klahanie
- June 25 "B" Meet HOME vs. Kingsgate Monarchs
- June 27 "A" Meet AWAY @ Kingsgate Monarchs
- July 2 "B" Meet AWAY @Strattonwood
- July 3 or 5 "A" Meet HOME vs. Strattonwood
- July 9 "B" Meet AWAY @ Somerset
- July 11 "A" Meet HOME vs Somerset
- July 14 Coaches' Party
- July 16 "A" Meet HOME vs. MICC
- July 18 "B" Meet AWAY @MSC
- July TBD Division ("B") Champs @ TBD
- July 28 League ("A") Champs @ KCAC
- July 29 or 30 Awards Celebration @ MSC, 6:30pm

Home Meets

MSC Check-in: 4:30
 MSC Warm-up: 4:45
 Meet Start: 6:00

(check-in /warm-up 30 minutes earlier for combined meets, 5:30pm meet start)



Away Meets

MSC Check-in: 5:00
 MSC Warm-up: 5:15
 Meet Start: 6:00