



## 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            Cinco de Mayo Summer Programming Meet & Greet
- May 16          Mandatory Parent Meeting (Option 1)  
6:00 – 7:00pm
- May 21          Mandatory Parent Meeting (Option 2)  
5:30 – 6:30pm
- May 22          Mandatory Parent Meeting (Option 3)  
6:00 – 7:00pm
- 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            “A” & “B” Combined Meet HOME vs. Strattonwood
- July 9            “B” Meet AWAY @ Somerset
- July 11          “A” Meet HOME vs Somerset
- July 13          All-Island Relay Meet @ MIBC
- July 14          Coaches’ Party
- July 16          “A” & “B” Combined Meet HOME vs. MICC
- July 20          Division (“B”) Champs @ Kingsgate Monarchs
- July 23          League (“A”) Champs Distance Events @ KCAC
- July 28          League (“A”) Champs @ KCAC
- July 29          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