



## SUMMER SWIM TEAM 2023

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 15, 2023

- 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 26, 2023

- 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

## 2023 TEAM CALENDAR

### All Dates are Tentative

*All meet times & locations subject to change.*

- May 7 Summer Programming Meet & Greet
- May 21 Swim Family Mixer 4:00 – 5:00pm  
Mandatory Parent Meeting (Option 1) 5:00 – 6:00pm
- May 23 Mandatory Parent Meeting (Option 2) 6:00 – 7:00pm
- June 1 Mandatory Parent Meeting (Option 3) 5:30 – 6:30pm
- June 5 Time Trials @ MSC, 5:00 (4:00 check-in, 4:15 warm-up)
- June 14\* Combined “A/B” Meet HOME vs. Klahanie
- June 20 Combined “A/B” Meet HOME vs. MICC
- June 27 “B” Meet AWAY vs. KG Monarchs
- June 29 “A” Meet HOME vs. KG Monarchs
- July 6 Combined “A/B” Meet HOME vs. Somerset
- July 9 Coaches’ Party @ MSC, 6:00pm
- July 11 “A” Meet AWAY vs. Strattonwood
- July 12 Swim Team Picture Day
- July 13 “B” Meet HOME vs. Strattonwood
- July 15,16, or 22 Division (“B”) Champs @ TBD
- July 18 All Island Swim Meet @ MIBC
- July 23 League (“A”) Champs @ KCAC
- July 25 Awards Celebration @ MSC, 6:30pm

**\*Wednesday swim meet**

#### 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**