



## 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-Fri
- 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)  
5:00 – 5:45pm
- May 21                    Mandatory Parent Meeting (Option 2)  
5:30 – 6:15pm
- May 22                    Mandatory Parent Meeting (Option 3)  
6:00 – 6:45pm
- 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 + Mini Manta Exhibition 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 + Mini Manta Exhibition vs Somerset
- July 14                    Coaches’ Party
- July 16                    “A” & “B” Combined Meet HOME + Mini Manta Exhibition vs. MICC
- July 17                    Swim Team Picture Day \*revised practice schedule
- July 17                    All-Island Relay Meet @ MIBC
- July 20                    Division (“B”) Champs @ Kingsgate Monarchs
- July 23                    League (“A”) Champs Distance Events
- 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**