



2018 Practice Schedule

School practices begin Tuesday, May 29th. Summer Practices begin Friday, June 22nd.

Age Group SCHOOL	Monday	Tuesday	Wednesday	Thursday	Saturday
5-6 Kickboard	x	x	x	x	920am-10am zero*
7-8 Kickboard	x	x	x	x	920am-10am zero*
8U Intermediate	x	x	x	x	9:20am-10am
8U Advanced	6p-6:45p	6p-6:45p	6p-6:45p	6p-6:45p	9:20am-10am
9-10	6p-6:45p	6p-6:45p	6p-6:45p	6p-6:45p	10am-10:50am
11-12	6:45p-7:30p	6:45p-7:30p	6:45p-7:30p	6:45p-7:30p	10:50am-1150am
13-18	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	8am-9:20am

Age Group SUMMER	Monday	Tuesday	Wednesday	Thursday	Friday
5-6 Kickboard	9:20am-10am zero*	9:20am-10am zero*	x	x	x
7-8 Kickboard	x	x	9:20am-10am zero*	9:20am-10am zero*	x
8U Intermediate	9:20am-10am	9:20am-10am	9:20am-10am	9:20am-10am	9:20am-10am
8U Advanced	9:20am-10am	9:20am-10am	9:20am-10am	9:20am-10am	9:20am-10am
9-10	10am-10:50am	10am-10:50am	10am-10:50am	10am-10:50am	10am-10:50am
11-12	10:50am-11:50am	10:50am-11:50am	10:50am-11:50am	10:50am-11:50am	10:50am-1150am
13-18	8am-9:20am	8am-9:20am	8am-9:20am	8am-9:20am	8am-9:20am

* Kickboarder groups will practice in the zero entry pool.

8 and Under Groups:

Advanced 8U: This group is capable of swimming a practice with the 9-10 group. They have competed in the first heat of a swim meet and/or have participated in a winter swim program (GPAC, TWAC, TNT, Coach Alberston's Warm up). **Intermediate 8U:** Have demonstrated the ability to swim the length of the pool unassisted but are not able to do all of the practice drills yet. If you're not quite sure if your child is ready for Advanced, then they should be considered Intermediate. The intermediate group practices with the advanced group on Saturdays (School schedule) and then everyday once the team switches to morning practices. **2018 Meet and FUNction Schedule**

2018 Meet and Event Schedule

Date	Event	Time	Description
Sat 5/12	Suit Day w/ Coaches	11am-2pm	D&Q will be selling our team suit from the Snack Bar. Coaches on hand for meet/ greet.
Thu 6/7	Parent Cannonball	7pm	Timeout from practice to watch parents compete off the high dive for a cannon ball contest!
Sat 6/9	Towel Day	8am-12pm	The Kandles' team gift is a Lake Kandle towel! Personalize yours and have your friends sign!
Fri 6/15	Special Craft Event	7pm	Join "Restored Antiquity" at the pavilion to purchase and personalize a wooden ribbon display.
Sat 6/16	HOME vs Tritons	7am-12pm	Arrive at 7AM. Warmup at 7:30AM. Kickboard at 8:35AM. Exhibition vs Tritons at 8:45AM.
Thu 6/21	GLOW Pool Party	8:30p-10p	Raid 5 Below and bring out your whackiest glow stick items for a Glow themed pool party!
Sat 6/23	AWAY vs Raccoon	7:45am	Arrive at 7:45AM. Warmup at 8AM. Kickboarders ready by 8:35AM. Meet vs RV ~ 9AM
Fri 6/29	Picture Breakfast	9am-12pm	Individual pictures taken during practice. Potluck breakfast to follow group picture.
Sat 6/30	AWAY vs Tarnsfield	7:45am	Arrive at 7:45AM. Warmup at 8AM. Kickboarders ready by 8:35AM. Meet vs TN ~ 9AM
Sat 7/7	AWAY vs Gloucester	7:45am	Arrive at 7:45AM. Warmup at 8AM. Kickboarders ready by 8:35AM. Meet vs GL ~ 9AM
Fri 7/13	Potluck Dinner	5:45pm	Fuel up and focus on the home meet vs Peachwood. Sink the SHIP!
Sat 7/14	HOME vs Peachwood	7am-12pm	Arrive at 7AM. Warmup at 7:30AM. Kickboard at 8:35AM. Meet vs PW at 8:45AM.
Fri 7/20	Potluck Dinner	5:45pm	Fuel up and focus on the home meet vs Collingswood. LAST MEET!
Sat 7/21	HOME vs CO	7am-12pm	Arrive at 7AM. Warmup at 7:30AM. Kickboard at 8:35M. Meet vs CO at 8:45AM.
Tue 7/24	PEACHBOWL	2pm-9pm	Top 5 swimmers from each age group compete in Gloucester County Champs at GCIT.
We 7/25	BEACH DAY	All Day	Meet up at the shore for a beach day with the team!
Thu 7/26	Pizza Party	6:30pm	End of the year pizza party with goofy awards!
Sat 7/28	SSASJ Champs	All day	League Championship at GCIT. Age group event times to be announced later. Must Qualify

