



# 2021 PRACTICE SCHEDULES

## SCHOOL DAYS JUNE 1- JUNE 17 M-F

Age Group SCHOOL	JUNE 1- JUNE 17
13-18 YEAR OLDS	6:15PM-7:30PM
9-12 YEAR OLDS	4:30PM-5:30PM
7-10 YEAR OLDS	5:30PM-6:15PM
KICKBOARDERS 5-6	SUMMER PRACTICE ONLY
KICKBOARDERS 7-8	SUMMER PRACTICE ONLY

## SUMMER JUNE 18- JULY 23 M-F

Age Group SUMMER	JUNE 18-JULY 23
13-18 YEAR OLDS	7:55AM-9:30AM
9-12 YEAR OLDS	9:30AM-10:30AM
7-10 YEAR OLDS	10:30AM-11:15AM
KICKBOARDERS 5-6	11:15AM-11:35AM
KICKBOARDERS 7-8	11:35AM-11:55AM

# 2021 MEET SCHEDULE

DATE	LOCATION	ARRIVAL TIME	WARM UP TIME	MEET START	MEET END	OPPONENT
SAT JUNE 12	LAKE KANDLE	8AM	8:30AM	9AM	12PM	TIME TRIALS
SAT JUNE 19	LAKE KANDLE	7AM	7:30AM	8:45AM	12PM	PEACHWOOD
SAT JUNE 26	@LARCHMONT	7:45AM	8:15AM	8:55AM	12PM	LARCHMONT
SAT JULY 10	@MEDFORD VILLAGE	7:45AM	8:15AM	8:55AM	12PM	MEDFORD VILLAGE
SAT JULY 17	@VINELAND	7:45AM	8:15AM	8:55AM	12PM	VINELAND
SAT JULY 24	LAKE KANDLE	7AM	7:30AM	8:45AM	12PM	HADDON TWP

### CHAMPIONSHIPS (Qualifier Events)

GLOUCESTER COUNTY PEACH BOWL: TUESDAY AFTERNOON JULY 27th @ GCIT

SUBURBAN CHAMPS: JULY 30-AUGUST 1 @ VINELAND



## **PRACTICE GROUP INFO**

### **PLACEMENT IS AT THE DISCRETION OF THE COACHES**

**13-18:** SWIMMERS FROM THE 13-14 AND 15-18 GROUPS.

**9-12:** SWIMMERS FROM 11-12 GROUP, ADVANCED 9-10 YEAR OLDS, POSSIBLE WINTER CLUB 7-8 YEAR OLD SWIMMERS.

**7-10:** 8 AND UNDER SWIMMERS THAT CAN SWIM THE LENGTH OF THE POOL UNASSISTED. 9-10 YEAR OLDS THAT ARE NEW OR DEVELOPING SWIMMERS.

**KICKBOARDER:** 8 AND UNDER SWIMMERS THAT CANNOT SWIM THE LENGTH OF THE POOL UNASSISTED AND REQUIRE IN-WATER ASSISTANCE. PARENT OR OLDER SIBLING ASSISTANCE REQUIRED DURING PRACTICE. RECOMMENDED TO COME TO 3 PRACTICES A WEEK. SUMMER PRACTICES ONLY.

KICKBOARDERS ONLY ATTEND HOME MEETS UNLESS THEY HAVE AN OLDER SIBLING ATTENDING THE AWAY MEET.

AT MEETS KICKBOARDERS PARTICIPATE IN A FUN KICKBOARD RACE IMMEDIATELY FOLLOWING THE NATIONAL ANTHEM. PARENTS SHOULD HAVE THEIR KICKBOARDERS BY THE STARTING BLOCKS DURING THE NATIONAL ANTHEM.

**WINTER CLUB SWIMMER:** A SWIMMER THAT SWIMS FOR A WINTER CLUB PROGRAM SUCH AS GPAC, SJAC, TWAC. IF YOUR CHILD HAS A PASSION FOR SWIMMING AND WANTS TO GET FASTER, WE HIGHLY RECOMMEND JOINING A WINTER CLUB. WE SEE SIGNIFICANT IMPROVEMENT WHEN A SWIMMER RETURNS THE NEXT SEASON FROM A WINTER CLUB.