

Swim Practice

Practice Schedule 2022 Season

Practices run Tuesday through Friday

Kindly note that all former Stingray Swimmers will initially remain in the Group they were assigned & practiced in last season. All new swimmers to the team will have to complete an In Water Evaluation on the dates below, also former swimmers will be evaluated and all Groups will be made final after the Time Trial. Groups are assessed by skill level instead of age.

April 12th, 2022-April 22nd, 2022- All groups come prepared for Dryland with tennis shoes, water/Gatorade. If a mask is worn, please bring a labeled ziplock bag to store it in for moments not in use during practice. Also **any swimmer with a medical condition i.e asthmatic, or with severe allergic reaction using an epipen, will need to have it in a labeled ziplock bag for the Coaches to have for practice and Meets.**

- Advance Group - 4:00-5:00 PM (New High School swimmers)
- Beginner Group - 5:00-5:30 PM (New Elementary swimmers)
- Intermediate Group - 5:00-5:45 PM (New Middle School Swimmers)
- Lesson Group - No Dryland if in preschool, Elementary & above may attend at Head Coach's discretion.

April 26th and 27th 2022- In Water Tryouts and Group placement. **Pup Program also begins.** Bring a mask (with labeled ziplock bag), water/Gatorade, Towels, Goggles, a swim cap and suit, and swim aid equipment (kickboards etc...) if you own it. Also **any swimmer with a medical condition i.e asthmatic, or with severe allergic reaction using an epipen, will need to have it in a labeled ziplock bag for the Coaches to have for practice and Meets.** Put your suit on under your clothes prior to coming to practice.

- New High School Swimmers - 4:00-5:00 PM
- New Middle & Elementary Swimmers - 5:00-5:30 PM
- All prior Groups swimmers come at the times above for the first two weeks.

New Swimmer Tryouts after April 27th will be held on Tuesdays and Thursdays until May 5, 2022.

May 3rd through May 26, 2022 - Regular Practice

- Advanced 4:00 - 5:00 PM
- Lessons 5:00 - 5:30 PM
- Beginners 5:00 - 5:30 PM
- Intermediate 5:30 - 6:10 PM

May 27, 2022-TBD

May 31st -June 10th 2022-SUMMER PRACTICE

Morning Practice: Tuesday's - Friday's

- 6:00AM - 7:45AM Advanced
- 7:45AM - 8:15AM. Lessons
- 7:45AM - 8:30AM. Beginners
- 8:15AM - 9:30AM Intermediate

Evening Practice : Tuesday's - Thursday's

8:15PM - 9:15PM

All competitive swimmers are strongly encouraged to practice within their assigned group, and to come to both practices. Morning practice will focus on stroke correction, while evening practice will solely focus on starts and turns.

June 14th-June 17th 2022-Divisional Practice

June 21st-24th 2022-Invitational Practice

Be on time, dressed-out and ready to swim at your appointed practice time. You will not be allowed in the pool area if you are not scheduled to swim.

DAILY PRACTICE CHECKLIST

1. Tennis Shoes and Dryland Clothes-Be prepared for Dryland at all times.
2. Practice Suit - Girls must wear one-piece suits
3. Goggles - we recommend Jr. Vanquishers
4. Swim Cap - long hair must be capped, you can buy these from the team
5. Towel - early season practices are cold, bring extra towels to keep warm
6. Water Bottle - it's easy to become dehydrated, please bring water to drink
7. Good Attitude - smile, it's contagious

Swimmers must check in with the parent volunteer working gate duty.

Our coaches are certified Red Cross Life Guards, HOWEVER, there are no additional life-guards on duty. To ensure the safety of parents, siblings and other team members not currently swimming, NO ONE is allowed on deck during practice.

Refrain from approaching the coaches during practice. If you have a question/concern for a coach, please see her/him between practices, through email or by phone.