

OGC SWIM TEAM -- PARENT INFO SUMMER 2019

PRACTICE SCHEDULE

<u>May 28- June 14</u>	<u>June 17 - July 19 Mornings</u>	<u>June 17- July 19 Afternoons</u>
8 & Under 5:00-5:30 pm	Pre-Team 11:30-12:00	(M/T/Th/F)
9-12 yr olds 5:30-6:30 pm	8 & Under 10:30-11:15	Pre-Team 3:30-4
13+ 4:00-5:00 pm	9-12 yr olds 9:15 - 10:30	10& Under 5:00-6:00
	13+ 7:45-9:15	11+ 4:00 - 5:00

MEET SCHEDULE

Saturday June 8 - TIME TRIALS - ALL SWIMMERS -- 8 am

A Meets (Saturdays)

B Meets (Wednesdays)

6/15 - @ Tilden Woods

Theme: Duos/Twins

6/22 - Home vs. Connecticut Bel Air

Theme: Zombies

6/29 - @ Mill Creek Towne

Theme: Red, White and Blue?

7/6 - @ Glenmont

Theme: Initials

7/13 - Home vs. Flower Valley

Theme: Luau

6/12 - @ North Chevy Chase

Theme: OGC Gear

6/19 - Home vs. Tilden Woods

Theme: Duos/Twins

6/26 - @ Cedarbrook

Theme: Zombies

7/3 - Home v. Regency Estates

Theme: Red, White & Blue

7/10 - Home vs. Seven Locks

Theme: Initials

Invitation/Qualifying Only Meets

July 9 - Coaches Long Course

July 20 - Divisionals

July 7 - Relay Carnival

July 27 - 28 - All Stars

B Meets are open to all swimmers who can legally swim the length of the pool. A meets are at the discretion of coaches. Swimmers are notified Friday morning if they are swimming at A meets. **Swim meets are a family affair, if your swimmer is participating, expect to volunteer and sign up early!** Sign ups will open for B Meets on May 28. A meets open up weekly during the summer.

**It is assumed that all swimmers are available for all A meets - if you know of a weekend that your swimmer is not available, please notify A Rep Rebecca Fayed. Also, if your swimmer is expected to swim at a meet but has an emergency, please notify the respective rep ASAP -- A Meets: Rebecca (202.277.5592) B Meets: Tom Cheplo (202.288.6746).*

What to bring to meets: Team suit, 2 caps, goggles, towel, chair, healthy snacks, water, playing cards, books and lots of team spirit! NO DEVICES!. ****Swimmers should remain in team area for entirety of the meet. Coaches or older swimmers can help with sunscreen, snacks or caps!***

SOCIAL EVENTS - Volunteers needed for every event. Sign-ups open May 28

Psych Nights: Friday June 14, June 28, July 5, July 12, 6 - 7 pm

Team Photo and OGC Pasta Dinner - June 21 - 5 pm - 8pm

Team Breakfast - Friday, July 19 - 10:30 am - 12:30

**Practice times will be adjusted to accommodate event*

Team Banquet - July 22 - 6 pm

**For additional information, to sign up for meets or volunteer go to: ogcdolphins.swimtopia.com