

# Stingrays 2019 Summer Schedule

Date	Day	Time	Event
May 20	Monday	4-5:15 PM & 5-6:15 PM	We will have a separate schedule for May 20 – June 8
May 28	Tuesday	6:45-8:30 or 8:15-9:30 AM	Morning practices start (Times for May 28-May 31)
June 1	Saturday	6:30 AM warm-up 7:00 AM start	Swim Meet: Stingrays & Golden @ Columbine Knolls Swim Team
June 3	Monday	6:45-8:30 or 8:15-9:30 AM	We start Regularly scheduled morning practices
June 4	Tuesday	6:15-8:30 or 8:15-9:30 AM	We start practice earlier on Tues, Wed & Thurs
June 4		5:15-6:15 PM	STROKE CLINIC – Freestyle
June 5	Wednesday	At practice	Bring your clothes to practice day!
June 6	Friday	6:45-8:30 or 8:15-9:30 AM	Regular Practice time for summer
June 8	Saturday	6:00 AM warm-up 7:00 AM start	Swim Meet: Stingrays host Genesee
June 9	Sunday	8:00 AM W/ 8:30 start	Stingrays Inter squad swim meet
June 11	Tuesday	4:00-8:00 PM	Wahoo's Fish Tacos Team Fundraiser (Union BLVD Local)
June 11	Tuesday	5:15-6:15 PM	STROKE CLINIC – Butterfly
June 13	Thursday	7:45-10 AM	Stingray Tie-Dye Day
June 14	Friday	7:00 AM	Team Pictures – Everyone must be at the pool 7:00 a.m.
June 15	Saturday	6:30 AM warm-up 7:00 AM start	Swim Meet: Stingrays host Wheat Ridge Swim Team
June 18	Tuesday	5:15-6:15 PM	STROKE CLINIC – Breaststroke
June 20	Thursday	At practice	Bring your clothes to practice day!
June 22	Saturday	6:30 AM warm-up 7:00 AM start	Swim Meet: Stingrays @ 5 Parks Swim Team
June 23	Sunday	6:00 AM warm-up 7:00 AM start	Swim Meet:Penthalon @ AAC(Applewood Athletic Club ) Kids need to qualify for this meet. Check w/ Coach
June 23	Sunday	TBD	Swim Meet: C/D Meet @ Splash for kids w/ C & D Times
June 25	Tuesday	5:15-6:15 PM	STROKE CLINIC – Backstroke
June 26	Wednesday	7:45-10 AM	Stingray Tie-Dye Day
June 29	Saturday	6:00 AM warm-up 7:00 AM start	Swim Meet: Stingrays host Golden & Wheat Ridge
July 1	Monday	6:45-8 AM	Regular Swim Practice
July 1	Monday	8:-9:30 AM	STINGRAYS SWIM-A-THON followed by food,fun, prizes
July 2	Tuesday	5:15-6:15 PM	STROKE CLINIC – Misc.
July 3	Wednesday	7:00-9:30 AM	Kids Coach Day – Bring your parents to practice and let your kids coach you for the day!
July 4,5	Thurs & Fri		NO PRACTICE in AM!
July 6	Saturday	NO SWIM MEET	Off for the 4 <sup>th</sup> of July Holiday!
July 9	Tuesday	5:15-6:15 PM	STROKE CLINIC – Starts and turns
July 9	Tuesday	7:45-10 AM & 4:30-6 PM	Stingrays Kids & Parent's Tie-Dye Day & Night
July 13	Saturday	6:00 AM warm-up 7:00 AM start	Swim Meet: Stingrays host AK (Applewood Knolls)
July 14	Sunday	7:30 AM warm-up 8:15 AM start	Swim Meet: Last Chance Meet for A/B swimmers @ home pool (must have qualifying times see Coach)
July 15	Monday		NO PRACTICE
July 16	Tuesday	5:15-6:15 PM	STROKE CLINIC – Relay Starts
July 17	Wednesday	5:00-8:30'ish PM	Spaghetti Dinner for league swimmers @ Applewood Park
July 19	Friday	4:15-8:00 PM	League swim meet 400's @ Stingray's Pool
July 20 & 21	Sat & Sunday	TBD	League swim meet @ Splash 8 AM start both days! Sat:Medley Relay-Backstroke Sun: Free Relay-IM
July 22	Monday		NO PRACTICE
July 23-26	Tues, Wed, Thurs, Friday	7-8:30 AM & 8:30-9:30 AM	PRACTICE CHANGE!!!!
July 26, 27 & 28	Friday, Sat. & Sunday	9 AM start each morning	State swim meet @ Stapleton pool: 400's on Fri, 8-12 yr. old on Sat, 13-18 yr. old Sun <a href="http://www.statemeet.com">www.statemeet.com</a>
July 29	Monday	10 AM – 6 PM	Stingrays go to Water World!
July 30	Tuesday	5:30 – 10 PM	Stingrays Swim Team Banquet