

## Stonegate Gator Practice Schedule 2023

### After School Practices

Week 1: Tuesday, 5/30 - Friday, 6/2  
 Week 2: Monday, 6/5 - Thursday, 6/8

6 and under	4:00 - 4:45 pm
7-12 years olds	4:45 - 5:45 pm
13 - 18 year olds	5:45 - 6:45 pm
Adults only	6:45 - 7:30 pm

Please note that swim gear should be placed on picnic tables while you are swimming. Parents are encouraged to sit together when possible.

### Summer Break Practices

Weeks 3-9: June 12th - July 27th  
 (June 9th is a morning practice)  
 (No practice on July 4th)

### Morning Practices:

Monday, Wednesday, Thursday, Friday

13 - 18 year olds & adults	8:00 - 9:00 am
7 - 12 year olds	9:00 - 10:00 am
6 and unders	10:00 - 10:30 am

### Evening Practices:

Tuesday & Thursday

6 and unders	5:30 - 6:00 pm
7 - 12 year olds	6:00 - 6:45 pm
13 - 18 year olds & adults	6:45 - 7:30 pm

\*Under 18 swimmers are encouraged to attend morning practices, as lanes are limited for evening practices.

### Saturday Practices:

8:30 - 10:30 am - all ages - all season

Age groups will rotate through stations during this practice.

Please see dates below for a tentative schedule of activities happening during our Saturday practices.

**June 3rd - Kick-off Breakfast**

\*treats at the end of practice

**June 10th - Mock Meet**

\*practice will run in the normal meet order to help prepare for the 1st meet on 6/12

**June 17th - practice with stations**

**June 24th - Picture Day**

\* team picture at 8:30 followed by individual photos  
 \*practice after photos until 10:30

**July 1st - practice with stations**

**July 8th - practice with Stations**

**July 15th - Gatorthon**

\*Gators compete against others in their age group first on foot, then in the water!

**July 22nd - practice with stations**

**City/ County Championship**

**July 28 & 29 - Christiansburg**

**July 29th - End of Season**

**Celebration & Sleepover!!**