

STONEGATE SWIM TEAM
2020 Swim Team Practices and Team Event Schedule

After School Practices

Week 1: Tuesday, May 26-Friday, May 29

Week 2: Tuesday, June 2- Friday, June 5

Week 3: Tuesday, June 9- Thursday, June 11 (no practice on June 12th-SHS Graduation/ last day of school for Salem Students)

3:30 - 4:15 PM: 6 and under

4:15 - 5:15 PM: 7 - 12 year olds

5:15- 6:15 PM : 13 years and up

6:15-7:00 PM: adults only

Morning practices (Mondays, Wednesdays, Thursdays, and Fridays)

Weeks 4-8: June 15- July 16

8:30 - 9:30 AM: 11 & up including adults

9:15 - 10:15 AM: 7- 10 year olds

10:00 - 10:30 AM: 6 and under

Tuesday and Thursday evening practices will be held from 6:30-7:30 PM and is scheduled for ADULTS 18 & OVER

* Children may attend this practice **ONLY** if parents work and they cannot attend morning practices or if there is a conflict (ex: summer camp). **Arrangements must be made with coaches prior to attending.**

SATURDAY Practices (all age groups)

May 30th-practice with "mock" meet from 8:30-10:30 followed by *Kick-off Breakfast*

June 6th- Picture Day (individual and family pictures) starting at 8:30AM with practice to follow until 10:30

June 13th, 20th, 27th and July 11th - 8:30-10:30 AM

*No practice on Saturday, July 4th

CITY/COUNTY CHAMPIONSHIP MEET

FRIDAY 7/17 & SATURDAY 7/18 @ the Christiansburg Aquatics Center
