

Tuckahoe Village West Pool Swim Team Calendar 2003

May	2	Friday	5-7 pm Swim Team Registration @ the Pool
	4	Sunday	3:30 - 7 Recertification Clinic
	10	Saturday	11-2 Certification Clinic Patrick Henry YMCA
	19	Monday	Evening Practice starts
	22	Wednesday	6:30 - 8 Certification Clinic Wellesley.
	23	Friday	Last day to order Swim Team Apparel
	26	Monday	Memorial Day -No Practice
	28	Wednesday	5:30- 9 Certification Clinic Wyndham
	31	Saturday	Coaches meeting 9am @ Wembly
June			
	1	Saturday	2:30-6 Certification Clinic Foxhall
	4	Wednesday	Parents Meeting @ the Pool 7PM
	12	THURSDAY	6:30 - HOME MEET - TVRA
	16	Monday	Morning & evening Practice starts
	18	Wednesday	6:30- Away Meet-.Hermitage C.C.
	20	Friday	5:00 pm Donut Sale
	21	Saturday	9:00 am CAR WASH & DONUT SALE
	25	Wednesday	4:45 TEAM & INDIVIDUAL PICTURES BEFORE MEET
	25	WEDNESDAY	6:30- HOME MEET -Rockville
July			
	2	WEDNESDAY	6:30- HOME Meet - Milestone
	4	Friday	NO PRACTICE
	9	Wednesday	6:30 - AWAY MEET - ANTIOCH
	15	Tuesday	6:30- AWAY MEET - TVRA
	16	Wednesday	Champs Registration & Practice
	19	Saturday	GRAL -Registration for Champs
	23	Wednesday	Swim Team Banquet 6:30 at the Pool
	26 & 27	Sat. & Sun.	Champs @ Freedom Center on the GMU Manassas Campus. (see Champs Flyer for more information)

PRACTICE SCHEDULE

GROUP

Pre-Team

Mites (Ages 8 & Under)

Midgets (Age 9 & 10)

Juniors (Ages 11 & 12)

Intermediates (Ages 13 & 14)

Seniors (Ages 15 - 18)

MORNING PRACTICE

(MON. - FRI.)

No Morning Practice

8:15 - 9:00

9:00 - 10:00

9:00 - 10:00

10:00 - 11:00

10:00 - 11:00

EVENING PRACTICE

(MON. - FRI.)

4:30 - 5:00

5:00 - 5:45

6:00 - 7:00

6:00 - 7:00

7:00 - 8:00

7:00 - 8:00

*Evening Practices until school is out for Henrico County, then changes to both AM & PM.

*There **IS** morning practice on meet days.*There is **NO** morning practice the day after a meet, only evening practice.

* Ribbons will be handed out at Evening Practice the day after the meet. Exact time will be announced at a later.