

2018-2019 Season Important Dates

August 15	Online Registration opens
August 20	Senior Group Meeting - Families with Senior Swimmers
August 27	Age Group Meeting - Families with Age Group Swimmers
September 5	Practices Begin **Fall/Winter" Schedule*
September 11	New Parents Meeting & Suit Fitting
September 12	Apparel Orders Due
September 10-30	Athlete Goal Meetings
October 3	Coffee with Coach - Meets!
October 13-14	Qualifier @ UCONN, Storrs. Hosted by Storrs Aquatics
October 20-21	IMX Challenge @ Cheshire Community Pool. Hosted by CDOG
October 24	Coffee with Coach - Practice, Training, Progressions
November 10-11	Invitational @ Wesleyan, Middletown. Hosted by CAC
November 14	Coffee with Coach -IMR,IMX, USA Swimming programs
November 17-18	Qualifier @ Miss Porters, Farmington. Hosted by WHAT
December 1	Quadration & Pentathlon @ Hamden Hall, Hamden. Hosted by HHAC
December 2	Swim-a-Thon Distance Challenge @ East Lyme Aquatics. Hosted by NMEG
December 5	Coffee with Coach - Training through the winter/holidays
December 14-16	Invitational @ UCONN, Storrs. Hosted by Storrs Aquatics
January 2-20	Athlete Goal Meetings
January 2	Coffee with Coach - Nutrition
January 5-6	Specialty Meet @ URI, Kingstown RI. Hosted by Crimson Aquatics
January 18-20	12/Under Championship @ Branford MS. Hosted by Soundview Y Stingrays
January 23	Coffee with Coach - Strength Training
January 25-27	13/Over Invitational @ SCSU, New Haven. Hosted by SoCo Aquatics
February 2-3	Distance & Invitational @ Ethel Walker School, Simsbury. Hosted by Charter Oak
February 8-10	Invitational @ Wesleyan, Middletown. Hosted by WHAT
February 13	Coffee with Coach - Championship Prep
February 17	8/Under Championship @ Hopkins School, New Haven. Hosted by HMST
February 21-24	CT Senior Championship @ Wesleyan. <i>Requires Qualification & Eligibility</i>
March 1-3	CT Regional Championships @ Location TBD. <i>Requires Eligibility</i>
March 13	Coffee with Coach - Measurement Metrics and Determining "Success"

March 14-17	CT Age Group Championships @ Chelsea Piers. <i>Requires Qualification & Eligibility</i>
March 18-24	No practices scheduled.
March 25	"Spring" Practice Schedule Begins
April 1 - 19	Athlete Goal Meetings
April 3	Coffee with Coach - Long Course Training
April 5-7	Senior Travel Meet, Tampa, FL. <i>Requires team eligibility standards TBA</i>
April 24	Coffee with Coach - Long Course Racing
May TBD	Long Course Meet
May 15	Coffee with Coach - Swimming in College
May TBD	Long Course Meet
June 5	Coffee with Coach - TBD
June TBD	Long Course Meet
June 24	"Summer" Practice Schedule Begins
June TBD	Long Course Meet
June 17-28	Athlete Goal Meetings
June 26	Coffee with Coach - Long Course Championships
July 5-7	Long Course Regional Championship
July 10	Coffee with Coach - "Offseason" training.
July 12-14	Long Course Silver Championship
July 18-21	Long Course Senior Championship
July 25 - 28	Long Course Age Group Championship
July 22 - Aug 22	SwimFit, AG Fitness & Skills, Beginners' (Stay In) Touch @ Ocean Beach
August 10	2019-2020 Registration Opens
Aug 26-30	No practices scheduled
September 4	2019-2020 Season Begins (Fall/Winter Schedule)

Championship meets require participation in 2 "in season, in state meets". The URI meet does not satisfy CSI participation requirements. Silver, Senior and Age Group Championships require meeting qualification time standards in addition to eligibility requirement. Coaches will discuss these meets with qualified athletes.