New York Sharks

RCC Coaches Corner – November 18, 2019
Practice and Meet Schedules

AG 1 (9 & U) Schedule					
Date	**AM Swim**	**PM Swim**	**Dryland**	**Reminders**	**Competition**
Monday November 18, 2019		5:30-6:30 pm RCC			
Tuesday November 19, 2019					
Wednesday November 20, 2019		5:30-6:30 pm RCC			
Thursday November 21, 2019		5:30-6:30 pm RCC			
Friday November 22, 2019					
Saturday November 23, 2019	10:15-11:30 am RCC				
Sunday November 24, 2019					
Date	**AM Swim**	**PM Swim**	**Dryland**	**Reminders**	**Competition**
Monday November 25, 2019		5:30-6:30 pm RCC			
Tuesday November 26, 2019					
Wednesday November 27, 2019		5:30-6:30 pm RCC			
Thursday November 28, 2019				**THANKSGIVING**	
Friday November 29, 2019		**3:30-4:30 pm RCC**			
Saturday November 30, 2019	10:15-11:30 am RCC				
Sunday December 1, 2019					
Date	**AM Swim**	**PM Swim**	**Dryland**	**Reminders**	**Competition**
Monday December 2, 2019		5:30-6:30 pm RCC			
Tuesday December 3, 2019					
Wednesday December 4, 2019		5:30-6:30 pm RCC			
Thursday December 5, 2019		5:30-6:30 pm RCC			**US Open**
Friday December 6, 2019					**US Open**
Saturday December 7, 2019	10:15-11:30 am RCC				**US Open**
Sunday December 8, 2019					
Date	**AM Swim**	**PM Swim**	**Dryland**	**Reminders**	**Competition**
Monday December 2, 2019		5:30-6:30 pm RCC			
Tuesday December 3, 2019					
Wednesday December 4, 2019		5:30-6:30 pm RCC			
Thursday December 5, 2019		5:30-6:30 pm RCC			**MIT Invite**
Friday December 6, 2019					**MIT Invite** / **TYR Holiday**
Saturday December 7, 2019					**MIT Invite** / **TYR Holiday**
Sunday December 8, 2019					**MIT Invite** / **TYR Holiday**

AG 2 (9-12) Schedule					
Date	**AM Swim**	**PM Swim**	**Dryland**	**Reminders**	**Competition**
Monday November 18, 2019		5:30-7:30 pm RCC			
Tuesday November 19, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Wednesday November 20, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC Mobility		
Thursday November 21, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Friday November 22, 2019					
Saturday November 23, 2019	10:00-12:00 pm RCC				
Sunday November 24, 2019					
Date	**AM Swim**	**PM Swim**	**Dryland**	**Reminders**	**Competition**
Monday November 25, 2019		5:30-7:30 pm RCC			
Tuesday November 26, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Wednesday November 27, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC Mobility		
Thursday November 28, 2019				**THANKSGIVING**	
Friday November 29, 2019		**3:30-5:30 pm RCC**			
Saturday November 30, 2019	10:00-12:00 pm RCC				
Sunday December 1, 2019					
Date	**AM Swim**	**PM Swim**	**Dryland**	**Reminders**	**Competition**
Monday December 2, 2019		5:30-7:30 pm RCC			
Tuesday December 3, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Wednesday December 4, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC Mobility		
Thursday December 5, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC		**US Open**
Friday December 6, 2019					**US Open**
Saturday December 7, 2019	10:00-12:00 pm RCC				**US Open**
Sunday December 8, 2019					
Date	**AM Swim**	**PM Swim**	**Dryland**	**Reminders**	**Competition**
Monday December 2, 2019		5:30-7:30 pm RCC			
Tuesday December 3, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Wednesday December 4, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC Mobility		
Thursday December 5, 2019		5:15-6:45 pm RCC	7:00-7:45 pm RCC		**MIT Invite**
Friday December 6, 2019					**MIT Invite** / **TYR Holiday**
Saturday December 7, 2019					**MIT Invite** / **TYR Holiday**
Sunday December 8, 2019					**MIT Invite** / **TYR Holiday**

Senior Schedule

Date	AM Swim	Dryland	PM Swim	Reminders	Competition
Monday November 18, 2019	5:15-6:30 am RCC				
Tuesday November 19, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Wednesday November 20, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Thursday November 21, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Friday November 22, 2019			5:10-7:30 pm RCC		
Saturday November 23, 2019	6:40-10:00 am RCC				
Sunday November 24, 2019	9:40 am-12:00 pm BAC				
Date	**AM Swim**	**Dryland**	**PM Swim**	**Reminders**	**Competition**
Monday November 25, 2019	5:15-6:30 am RCC				
Tuesday November 26, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Wednesday November 27, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Thursday November 28, 2019				THANKSGIVING	
Friday November 29, 2019			5:10-7:30 pm RCC		
Saturday November 30, 2019	6:40-10:00 am RCC				
Sunday December 1, 2019	9:40 am-12:00 pm BAC				
Date	**AM Swim**	**Dryland**	**PM Swim**	**Reminders**	**Competition**
Monday December 2, 2019	5:15-6:30 am RCC				
Tuesday December 3, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Wednesday December 4, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Thursday December 5, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		US Open
Friday December 6, 2019			5:10-7:30 pm RCC		US Open
Saturday December 7, 2019	6:40-10:00 am RCC				US Open
Sunday December 8, 2019	9:40 am-12:00 pm BAC				
Date	**AM Swim**	**Dryland**	**PM Swim**	**Reminders**	**Competition**
Monday December 2, 2019	5:15-6:30 am RCC				
Tuesday December 3, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Wednesday December 4, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Thursday December 5, 2019		5:30-6:30 pm RCC	6:45-8:45 pm RCC		MIT Invite
Friday December 6, 2019					MIT Invite / TYR Holiday
Saturday December 7, 2019					MIT Invite / TYR Holiday
Sunday December 8, 2019					MIT Invite / TYR Holiday

To be entered in any of the following meets, you must be registered through the Team Unify website. For the meets that are in Bold Red, we take the information from the Team Unify website registration and enter the athletes in USA Swimming's Online Meet Entry (OME). These are typically championship level or certain high-level travel meets.

Dates	Meet Name	Groups Attending	Location	Deadline
December 4-7	**Toyota US Open**	**All Qualifiers**	**Atlanta, GA**	**CLOSED**
December 12-15	MIT Invite	All Qualifiers	Cambridge, MA	**CLOSED**
December 13-15	TYR Holiday Classic	All Groups	Felix Festa	November 22, 2019
December 21	2019 BAC December LC Challenge	All Groups	New Providence, NJ	November 29, 2019
January 10-12	BAC Winter Invite	All Qualifiers	Rutgers University, NJ	November 8, 2019
January 10-12	NBS Trials and Finals	All Groups	TBA	
January 17-19	NYSA Winter Invite	All Groups	Valley Central	
January TBA	YMID 8 & Under Meet	All 8 & Unders	YWCA White Plains	
February 7	MWDA Sink or Swim Distance	All Groups	Washingtonville HS	
February 8-9	MWDA Sink or Swim	All Groups	Washingtonville HS	
February TBA	BGNW February 8 & Under	All Groups	Boys and Girls Mt Kisko	
February 13-16	**Metro Senior Champs**	**All Qualifiers**	**Nassau County Aquatic Center**	
February 28-March 1	Metro Silvers North	All Qualifiers	Felix Festa	
March 7-8	Metro 8 & Under	All 8 & Unders	Felix Festa	
March 13-15	**15-18 Team Challenge**	**All Qualifiers**	**Nassau County Aquatic Center**	
March 13-15	**Metro 14&U Junior Olympics**	**All Qualifiers**	**Nassau County Aquatic Center**	
March 26-29	**EZ Speedo Sectionals**	**All Qualifiers**	**Buffalo, NY**	