



New York Sharks

RCC Coaches Corner – February 17, 2020

Practice and Meet Schedules

AG 1 (9 & U) Schedule

Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday February 17, 2020		5:30-6:30 pm RCC			
Tuesday February 18, 2020					
Wednesday February 19, 2020		5:30-6:30 pm RCC			
Thursday February 20, 2020		5:30-6:30 pm RCC			
Friday February 21, 2020					
Saturday February 22, 2020	10:15-11:15 am RCC				
Sunday February 23, 2020					
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday February 24, 2020		5:30-6:30 pm RCC			
Tuesday February 25, 2020					
Wednesday February 26, 2020		5:30-6:30 pm RCC			
Thursday February 27, 2020		5:30-6:30 pm RCC			
Friday February 28, 2020					Metro Silvers North
Saturday February 29, 2020	10:15-11:15 am RCC				Metro Silvers North
Sunday March 1, 2020					Metro Silvers North
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday March 2, 2020		5:30-6:30 pm RCC			
Tuesday March 3, 2020					
Wednesday March 4, 2020		5:30-6:30 pm RCC			
Thursday March 5, 2020		5:30-6:30 pm RCC			
Friday March 6, 2020					
Saturday March 7, 2020	10:15-11:15 am RCC				8&U Champs / AGUA
Sunday March 8, 2020					8&U Champs / AGUA
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday March 9, 2020		5:30-6:30 pm RCC			
Tuesday March 10, 2020					
Wednesday March 11, 2020		5:30-6:30 pm RCC			
Thursday March 12, 2020		5:30-6:30 pm RCC			
Friday March 13, 2020					Metro JOs
Saturday March 14, 2020	10:15-11:15 am RCC				Metro JOs
Sunday March 15, 2020					Metro JOs

AG 2 (9-12) Schedule

Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday February 17, 2020		5:30-7:30 pm RCC			
Tuesday February 18, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Wednesday February 19, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC Mobility		
Thursday February 20, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Friday February 21, 2020					
Saturday February 22, 2020	10:00-12:00 pm RCC				
Sunday February 23, 2020					
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday February 24, 2020		5:30-7:30 pm RCC			
Tuesday February 25, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Wednesday February 26, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC Mobility		
Thursday February 27, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Friday February 28, 2020					Metro Silvers North
Saturday February 29, 2020	10:00-12:00 pm RCC				Metro Silvers North
Sunday March 1, 2020					Metro Silvers North
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday March 2, 2020		5:30-7:30 pm RCC			
Tuesday March 3, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Wednesday March 4, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC Mobility		
Thursday March 5, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Friday March 6, 2020					
Saturday March 7, 2020	10:00-12:00 pm RCC				AGUA Last Chance
Sunday March 8, 2020					AGUA Last Chance
Date	AM Swim	PM Swim	Dryland	Reminders	Competition
Monday March 9, 2020		5:30-7:30 pm RCC			
Tuesday March 10, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Wednesday March 11, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC Mobility		
Thursday March 12, 2020		5:15-6:45 pm RCC	7:00-7:45 pm RCC		
Friday March 13, 2020					Metro JOs
Saturday March 14, 2020	10:00-12:00 pm RCC				Metro JOs
Sunday March 15, 2020					Metro JOs

Senior Schedule

Date	AM Swim	Dryland	PM Swim	Reminders	Competition
Monday February 17, 2020	5:15-6:30 am RCC				
Tuesday February 18, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Wednesday February 19, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Thursday February 20, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Friday February 21, 2020			5:30-7:30 pm RCC		
Saturday February 22, 2020	7:00-10:00 am RCC				
Sunday February 23, 2020			2:30-4:30 pm GAC		
Date	AM Swim	Dryland	PM Swim	Reminders	Competition
Monday February 24, 2020	OFF				
Tuesday February 25, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Wednesday February 26, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Thursday February 27, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Friday February 28, 2020			5:30-7:30 pm RCC		Metro Silvers North
Saturday February 29, 2020	7:00-10:00 am RCC				Metro Silvers North
Sunday March 1, 2020	10:00-12:00 pm BAC				Metro Silvers North
Date	AM Swim	Dryland	PM Swim	Reminders	Competition
Monday March 2, 2020	5:15-6:30 am RCC				
Tuesday March 3, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Wednesday March 4, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Thursday March 5, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Friday March 6, 2020			5:30-7:30 pm RCC		
Saturday March 7, 2020	7:00-10:00 am RCC				AGUA Last Chance
Sunday March 8, 2020			2:30-4:30 pm GAC		AGUA Last Chance
Date	AM Swim	Dryland	PM Swim	Reminders	Competition
Monday March 9, 2020	5:15-6:30 am RCC				
Tuesday March 10, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Wednesday March 11, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Thursday March 12, 2020		5:30-6:30 pm RCC	6:45-8:45 pm RCC		
Friday March 13, 2020			5:30-7:30 pm RCC		Metro Jos / 15-18
Saturday March 14, 2020	7:00-10:00 am RCC				Metro Jos / 15-18
Sunday March 15, 2020	TBA				Metro Jos / 15-18

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
February 28-March 1	Metro Silvers North	All Qualifiers	Felix Festa	February 17, 2020
March 7-8	Metro 8 & Under	All 8 & Unders	Felix Festa	February 17, 2020
March 7-8	AGUA Last Chance Invite	All Groups	Asphalt Green AquaCenter	February 20, 2020
March 13-15	15-18 Team Challenge	All Qualifiers	Nassau County Aquatic Center	February 25, 2020
March 13-15	Metro 14&U Junior Olympics	All Qualifiers	Nassau County Aquatic Center	February 25, 2020
March 26-29	EZ Speedo Sectionals	All Qualifiers	Buffalo, NY	March 10, 2020