

Shamrock Swim Club 2022-2023 Season  
Recreational Swim Team

**Practice Schedule:** Monday & Wednesday 7:00-8:00pm

**2022-2023 Season:** The season will be divided into five sessions. Each session will be approximately six weeks long. You can choose which sessions your swimmer participates in during the season. We have created a Google Practice Calendar. We have done our best to put all practices, activities and meets on the calendar. If you have questions about holiday you can find answers on the calendar.

Recreational Team

	Start	End	No Practice	
Session 1	9/14/2022	10/26/22	10/10/22	
Session 2	11/2/22	12/14/22	11/23/22	
Session 3	1/4/23	2/15/23	1/16/22	
Session 4	2/27/23	3/29/23		
Session 5	4/10/22	5/17/22		

**Cost:** \$250 per session and \$75 team registration fee for the entire season.

**Equipment:** Each swimmer will need to have his or her own Shamrock Swim Club cap, goggles, a kick board, and fins. Girls need a one-piece swim suit. Boy should have jammers, No swim shirts. You will also need a Shamrock tee and a Shamrock mesh bag for equipment. We will have a team store set up and I will forward the information when it is available. You may use equipment you already have.

**Meets:** This group will Not participate in USA Swim meets. We may offer some intrasquad meets during the season.

### **Expectations:**

- Swimmers are expected to arrive 5 minutes before practice with their equipment including a water bottle so they are ready to enter the water at the practice start.
- If your swimmer will be missing from practice for an extended period of time please let us know.
- Payments are due on the first day of the session. You can pay cash or check made payable to Shamrock Swim Club.

### **Registration Link:**

- [https://www.teamunify.com/MemRegStart.jsp?team=nessc&event\\_id=567254](https://www.teamunify.com/MemRegStart.jsp?team=nessc&event_id=567254)