

Shamrock Swim Club 2022-2023 Season

Developmental Team:

Practice Schedule: Tuesday, Thursday, Friday 4:00PM-5:00PM

2022-2023 Season: Start date: September 13, 2022 End date: May 25, 2023
I have created a Google Practice calendar. All holidays and no practice days will be seen here.

Cost: \$195 per month \$175 team registration fee.

USA registration fee will be required and will be paid for directly from the parent to USA Swimming. I will send more information when it becomes available.

Equipment: Each swimmer will need to have his or her own Shamrock Swim Club cap and suit, goggles, a kick board and fins. Girls need a one-piece swim suit - no long sleeves. Boy should have jammers, No swim shirts. We will send a link with a team store to purchase these items.

Meets: We will offer USA Swim Meets. These are optional but are strongly encouraged. Meets are a great opportunity for the swimmer and the coaches to see progress and identify areas that need more attention. Meets will have fees.

Expectations:

- Swimmers are expected to arrive promptly for practice with their equipment including a **water bottle** so they are ready to enter the water at the practice start. **We are going to do drylands from 4:00-4:10pm. Swimmers must be at the pool behind their lane by 4:10pm.** Please pick up your swimmer promptly at the end of practice.
- If your swimmer will be missing from practice for an extended period of time please let us know.
- Payments are due on the first of the month in payment for that month. You can pay cash or check made payable to Shamrock Swim Club.

Team Activities:

Sunday	September 11	2:00-4:00pm	September Welcome Splash
Sunday	October 30	5:00-7:00pm	Halloween Celebration
Wednesday	November 30	6:00-7:00pm	Pasta Dinner Regionals & December T/F
Monday	December 12	5:00-7:00pm	Holiday Movie Night
Wednesday	December 28	TBA	Winter Pool Party
Wednesday	February 1	6:00-7:00pm	Team Pasta Dinner Silvers & AG
Wednesday	March 29	6:00-7:00pm	Team Pasta Dinner Florida Meet

Proposed Meets:

- SEPTEMBER 25 SPRINT MEET AT THE EGAN CENTER *
- OCTOBER 16 HALLOWEEN MEET AT THE EGAN CENTER*
- NOVEMBER 4-6 AWAY MEET
- NOVEMBER 19-20 THANKSGIVING MEET AT THE EGAN *CENTER
- REGIONAL CHAMPIONSHIPS DECEMBER 2-4 AWAY (*qualifier*)
- DECEMBER 9-11 TRIALS FINALS AT THE EGAN CENTER
- JANUARY 7-8 AWAY MEET
- JANUARY 21-22 MEET AT THE EGAN CENTER *
- SILVER CHAMPIONSHIPS FEBRUARY 3-5 AWAY (*qualifier*)
- **11-14 YEAR OLD AGE GROUP CHAMPIONSHIPS** FEBRUARY 23-26 AWAY (*qualifier*)
- **15-18 YEAR OLD AGE GROUP CHAMPIONSHIPS** MARCH 3-5 (*qualifier*)
- FLORIDA CHAMPIONSHIP TRAVEL MEET TRIALS FINALS MARCH 30-APRIL 2

* Home Meet Strongly Encouraged