

Shamrock Swim Club 2022-2023 Season

Junior Competitive Team:

Practice Schedule: Monday & Wednesday 4:00-5:30pm, Friday 5:00-6:30pm, Saturday 8:00am-9:30am.

2022-2023 Season: Start date: September 12, 2022 End date: June 24, 2023. 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.

Cost: \$250 per month \$175 team registration fee. You will also need to register with USA Swimming. I will send along that 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, pull buoy and fins. Girls need a one-piece swim suit. Boy should have jammers, No swim shirts. A team suit will be required for swim meets. You will also need a green and a white Shamrock tee and a Shamrock mesh bag for equipment.

Meets: We will offer several USA Swim Meets at our pool throughout the season. Swim meets are optional but strongly encouraged.

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 with the exception of the 4:00pm practices/ **For 4:00pm practices we will begin practice with drylands. We are changing our policy. You will be considered late if you are not behind your lane ready to practice 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