APRIL, 2019 3RD ISSUE

FRESH OFF THE BLOCKS

The City of Plano Swimmers Monthly Newsletter

COPS
CITY OF PLANO SWIMMERS

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Are you excited about our upcoming Swim-A-Thon?

April 6th our whole team will be gathering to swim and support our team! Our coaches are encouraging all of our swimmers to attend, even if you've already met your fundraising goal. Swim-A-Thon is one of the few times each year our whole team gathers together. Enjoy music, games and snacks throughout the day! You don't want to miss this fun event!

SWIM-A-THON Schedule

7 - 9 AM: National Team & Senior
9 - 11 AM: TAGS
11 AM - 1 PM: National Prep & TAGS Prep
1 - 3 PM: Gold

Event taking place at Rowlinson

COPS Summer Practice Schedule

May 28 - August 2, 2019

National Team
AM Practice: Monday - Friday 6:00-8:00 AM at Oak Point
PM Practice: Monday - Thursday 2:00 - 4:00 PM at Rowlinson
Saturday: 6:30 - 9:00 AM at Rowlinson

National Prep
AM Practice: Monday - Friday 6:00 - 7:30 AM at Oak Point
PM Practice: Monday and Wednesday 3:30 - 5:30 PM at Oak Point
Saturday: 6:30 - 9:00 AM at Rowlinson

TAGS
TAGS-ROW - Mon, Wed & Fri 7:30-9:30 AM at Oak Point; Tues & Thurs 4:00 - 6:00 PM at Rowlinson; Saturday 8:15 - 10:00 AM at Oak Point

TAGS-OPC - Mon & Wed 4:00 - 6:00 PM at Rowlinson; Tues & Thurs 7:30-9:30 AM at Oak Point; Friday 1:30 - 3:30 PM at Rowlinson; Saturday 8:15-10:00 AM at Oak Point

TAGS-TMC swimmers should have received an email from Coach Justin with group assignment for summer

Senior
Monday - Friday 8:00-10:00 AM at Rowlinson; Saturday: 9:00 - 10:30 AM at Rowlinson

TAGS-Prep*
TAGS-Prep 1 - Monday - Friday 9:30-11:30 AM at Rowlinson

TAGS-Prep 2 - Monday-Friday 5:30-7:30 PM at Rowlinson

Saturday Clinic 10:30-12:00 PM at Rowlinson

Gold*
Gold 1 - Tuesday, Thursday & Friday 3:45-5:30 PM at Oak Point

Gold 2 - Monday-Friday 10:44-12:00 PM at Rowlinson

Gold 3 - Monday-Friday 7:15-8:30 PM at Rowlinson

Saturday Clinics 10:30-12:00 PM at Rowlinson

*** Group selection process on page 3**

Why does schedule and location change for the summer?

The Parks and Recreation Department changes their programming schedule in the summer, which changes the times we are able to rent pool space from them. We are not able to rent any space at TMC during the summer and there is very limited availability at PAC. We have full access to Rowlinson and morning access at Oak Point, as well as a small amount of afternoon time. Our summer schedule works around these challenges.

GOLD & TAGS-PREP SUMMER GROUP SELECTION PROCESS

Swimmers in Gold and TAGS-Prep have the chance to select which practice group to attend during summer. Swimmer's may only attend one group practices, so please review the schedule carefully before making a selection. The summer schedule will run from May 28th through August 3rd.
Follow the the appropriate link to make your selection:

Gold Group Selection

TAGS-Prep Group Selection

Selection deadline is April 26th.

After that point, we will assign your swimmer a group based on what spaces are still available.

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Changes to Summer Meet Schedule

In order to assimilate our summer meet schedule to the new school calendar , which has classes starting earlier, we have made a few changes to our meets in the month of July. The changes will be as follows:

COPS will NOT host a BB & Under Meet on July 20-21. Instead will attend RACE Medal Madness on July 19-20

Medal Madness is open to all swimmers who have an official time in the event.

The COPS practice schedule will remain the same. The last practice of the summer will be on August 2nd

Important Dates

- April 5 - Final day to sign up for team trip to Colorado Springs.
- April 6 - COPS Swim-A-Thon
- April 13-14 - COPS IMX/IMR (registration closed/volunteer sign up open)
- April 21 - Entry deadline for Metro A and Metro BB meets
- April 22 - Final day to turn in Swim-A-Thon fundraising money
- July 9 - Save the Date: COPS Team Banquet

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