

For a long time now, Forest Park has been one of the only teams to start its season on the first day allowed under County rules. The earlier the start, the more time the swimmers get in the water and the more prepared they are when meets begin. We've been extremely lucky and blessed to have had such an available staff in our preseasons. Most teams don't start their seasons until late April or early May or not until Time Trials. **Due to Coach Jeff's commitment to Northgate Swimming as well as the high school practice times of our swimmer coaches, the schedule below for the preseason is tentative.** We realize this may affect the schedules of many of our families, but this is the only option if we want to get the kids swimming before May. We have also split the 8-under practice. It will run much as it does when it is split in the summer. Mini-Flyer tryouts are on Saturday March 24th and on Friday, March 30th by appointment only; contact membership to schedule a time slot. Sometime after mini-flyer tryouts on March 30th, a list will be emailed out detailing which practice time each swimmer has been placed.

PRACTICE IS CANCELLED ON THE FOLLOWING DATES:

- * Friday, April 13
- * Friday, April 20
- * Thursday, May 3
- * Monday, June 4
- * Friday, June 8

SPRING PRACTICE SCHEDULE * THIS SCHEDULE IS TENTATIVE *

April 9-June 8

Monday - Friday	3:45 - 4:30	9-10
	4:30 - 6:00	13-Up
	6:00 - 6:30	Mini Flyers (advanced)
	6:00 - 6:30	8-Under (beginners)
	6:30 - 7:00	Mini Flyers (beginners)
	6:30 - 7:00	8-Unders (advanced)
	7:00 - 8:00	11-12

Spring Mini Flyers will end on June 1st so the swimmer coaches can concentrate on finals during the last week of school.

SUMMER PRACTICE SCHEDULE

Beginning Monday, June 11th

Mornings:

Monday - Friday	7:15 - 8:15	11-12
	7:15 - 8:30	13-14*
	8:15 - 10:00	13 & UP*
	10:00 - 10:30	Mini Flyers (advanced)
	10:30 - 11:00	Mini Flyers (beginners)
	10:00 - 10:30	8 & under (beginners)
	10:30 - 11:15	8 & under (advanced)
	11:15 - 12:15	9-10

*In 2014, we had such a large group of 13-ups, their practice was often overcrowded. In the event we retain similar numbers in 2018, we will be having some 13-14's practicing 7:15-8:30 and some 8:15-10. This will help **ALL** swimmers by giving them more lane space. If this ends up as the case for 2018, a list of what practice each swimmer should attend will be posted after Time Trials. Special scheduling accommodations may be made upon request. However, bear in mind this is being done for the benefit of **ALL** swimmers.

Afternoons:

Mondays, Tuesdays,	4:30 - 5:00	8 & under
and Thursdays	4:30 - 5:15	9-10
	5:00 - 6:00	11 & UP

Afternoon is not a substitute for morning. It's for those unable to attend mornings due to a prior commitment. Those wishing to attend double practices need to clear it with Coach Jeff before summer to make sure there will be adequate room.