



# 2021 SWIM TEAM CALENDAR

## Quick Guide

Team Web Site: <https://www.teamunify.com/team/recmcsltfst/page/swim-groups/swim>

Away Meet Pool Addresses: [www.mcsl.org](http://www.mcsl.org)

Volunteer Sign Up: <https://www.teamunify.com/team/recmcsltfst/page/events#/team-events/upcoming>

Coaching Staff: Alexis Lakey, Gabriella Caponiti, and Candace Austin

A Reps: Lisa Caponiti and Katherine Verderese ~ [twinfarmstigers@gmail.com](mailto:twinfarmstigers@gmail.com)

DAY	DATE	TIME	EVENT
Tues	01-Jun	7:30 PM	Sports Teams Parent Meeting @ Twin Farms
Wed	02-Jun		Afternoon Practice Begins
Sat	12-Jun	8:00 AM	Time Trials @ Twin Farms
Thur	17-Jun		Morning Practice Begins
Sat	19-Jun	8:20 AM	WEEK 1 A Meet @ Whetstone
			Canceled B Meet
Fri	25-Jun	6:00 PM	Swim Team Pictures - TBD
Sat	26-Jun	8:00 AM	WEEK 2 A Meet @ Home vs. Eldwick
			Canceled B Meet
Sat	03-Jul	8:20 AM	WEEK 3 A Meet @ Upper County
			Relay Carnival - Canceled
			Canceled B Meet
			Canceled Potluck Pep Rally
Sat	10-Jul	8:20 AM	WEEK 4 A Meet @ Washingtonian Woods
			TBD - Coaches Long Course Meet
Wed	14-Jul	5:00 PM	B meet @ Home vs. Forest Knolls
Sat	17-Jul	8:00 AM	WEEK 5 A Meet (SENIORS MEET) @ Home vs. Montgomery Square
Sat	24-Jul	7:00 AM	DIVISIONALS @ TBD
			Canceled Sports Banquet
			Canceled Relay All-Stars @ Rockville
			TBD - Individual All-Stars @ Rockville

# PRACTICES

Wednesday, June 2 through Wednesday, June 16

Mon-Fri

4:30 - 5:00 pm / Pre-team

5:00 - 6:00 pm / 10yr & Under

6:00 - 7:00 pm / 11yr & Older

Saturday (June 5): 8:00-9:30 am / All age groups

Saturday (June 12): 8:00-11:00 am / **TIME TRIALS**-all age groups

**Note: Please bring sneakers to practice. If the weather is too cold, there will be dry land practice.**

Thursday, June 17 through Friday, July 16

## Morning Practice (recommended)

Mon-Thurs

8:00 - 9:30 am / 11 yr & Older

9:30 - 10:30 am / 10 yr & Under

Wednesdays: Dry land practice, bring sneakers!

Fridays: 9:00 - 10:30 am / All Swimmers, ~~followed by breakfast. Cost \$1~~

(No Friday breakfast for 2021 season)

## Afternoon Practice

Mon, Tues, Thurs

4:30 - 5:00 pm / Pre-team

5:00 - 6:00 pm / 10yr & Under

6:00 - 7:00 pm / 11yr & Older

Fridays: 4:30 - 5:00pm / Pre-team only

Monday, July 19 through Friday, July 23

## Morning Practice

Monday, July 15: 9:00 – 10:30 am / **Fun Meet** – everyone!

Tuesday-Friday: 9:00 – 10:30 am / Divisional & All-Star Swimmers

## Afternoon Practice

Mon-Friday

5:00 - 6:00 pm / All ages Divisional & All-Star Swimmers

Monday, July 26 through Friday, July 30

Morning Practice

Mon-Friday: 9:30 - 10:30 am / All-Star Swimmers