



2023 Season Overview

Pre-Season Practice (May 30 – June 2)

6:15-7:00 PM 6U, 7/8
7:00-8:00 PM 9/10, 11/12, 13/14+

Regular Season Morning Practice Groups (M-F, Begin June 5)

7:30-8:20 AM 11+
8:20-9:10 AM 9/10
9:10-9:50 AM 7/8
9:50-10:20 AM 6U and swimmers needing in-water assistance
10:20-10:50 AM Team Development (private instruction)

Pre-Season Evening Practice Groups

Same as above

Regular Season Evening Practice Groups (M/W, Begin June 5)

6:15-7:00 PM 6U, 7/8
7:00-8:00 PM 9/10, 11/12, 13/14+

No Practice: Monday, July 3 (AM and PM) or Tuesday, July 4 (AM)
Last day of practice for Classic swimmers: Friday, July 21
Last day of practice for City swimmers: Friday, July 28

Tentative Meet Schedule (A parent from each family should be prepared to work **AT LEAST 4-5 DUAL MEETS**

regardless of their child/children's meet participation status PLUS time trials, invitationals, and championship meets if their child is participating. A list of proxy/substitute workers is available.)

Sat., Jun. 10 Time Trials at Stillwater*
Thurs., Jun. 15 Breckenridge at Stillwater
Sat., Jun. 17 Stillwater at Steeple Run
Tues., Jun. 20 Stillwater at Hobson West
Thurs., Jun. 22 CC Commons at Stillwater
Tues., Jun. 27 Saybrook at Stillwater
Thurs., Jun. 29 SS Invitational at Ashbury (8U+)*

Sat., Jul. 8 CC Country Club at Stillwater
Tues., Jul. 11 Stillwater at Huntington Estates
Thurs., Jul. 13 Naperville Tennis Club at Stillwater
Tues., Jul. 18 Hold for Make Up
Thurs., Jul. 20 Naper Carriage Hill High School Invite
Sat., Jul. 22 Classic Championship Meet*+
Fri., Jul. 28 City Championship Meet*+
Sat., Jul. 29 City Championship Meet*+

Swimmer Check-in: 7:30am (Sat.)/4:30pm (Tues./Thurs.) (Ashbury Invite may be earlier)

Warm-ups begin: 7:45am (Sat.)/4:45pm (Tues./Thurs.) (Ashbury Invite may be earlier)

Worker Check-in: TBA

***All Hands On Deck:** If you have a swimmer at this meet, you will be responsible for working during the meet (in addition to dual meet work assignments).

+Championship Meets: Locations/times TBD (likely 203/204 high schools)

Social Events/Other Activities

Tuesday, April 11 – Information Night and Apparel Fit Night at the Clubhouse (tent., 4:30-7:30PM)
Tuesday, May 23 – “Meet the Coaches” Night at Family Orientation at the Clubhouse (5:30-7:30PM)
Wednesday, June 14 – Team/Individual Picture Day at the Pool (tent., no practice this morning)
Friday, June 23 – Starz Fundraising Day at Panera Bread/Showplace (all day)
Thursday, July 6 – Feed My Starving Children Volunteer Pack (7:00-8:45PM)
Thursday, July 20 – Championship Kickoff Party (all swimmers), Classic and City Teams Named (tent.)
Sunday, July 30 – End-of-Season Celebration (time, location TBD)