

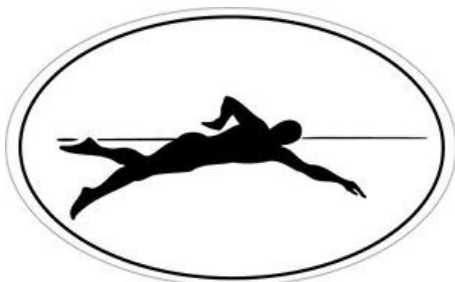
Candlelight Hills CUDAS

2023 Schedule

Pre-Summer Practice April 25 th - May 26 th		Summer Practice May 30 th - June 16 th		Swim Practice Rules
Age Group	Start/Finish	Age Group	Start/Finish	
Jr Cudas	4:45-5:15 p.m. OR 5:15-5:45 p.m.	11 & Up	7:00-8:00 a.m.	<ul style="list-style-type: none"> All practices take place at the CLH pool. All children 8 & under MUST have a designated adult at practice.
15-18	3:45-4:45 p.m.	7-8	8:00-8:45 a.m.	
6 & Under	4:45-5:15 p.m.	6 & Under	8:45-9:15 a.m.	What to Bring to Practice <ul style="list-style-type: none"> Towel Goggles Swim cap A great attitude
7 - 8	5:15-6:00 p.m.	9-10	9:15-10:00 a.m.	
9-10	6:00-6:45 p.m.	Stroke & Turn Practice begins every T & Th from 5:30-6:30 p.m.		
11-14	6:45-7:45 p.m.			

2023 Meet Schedule

May 6 th	CLH Mock Meet
May 13 th	vs Cypresswood Sharks
May 20 th	at Kleinwood Dolphins
May 27 th	at Huntwick Patriots
June 3 rd	vs Wimbledon Killer Whales
June 10 th	at Lakewood Lightning
June 17 th	Divisionals
June 23 rd - 25 th	Invitational Meet - TBD



Note: All meets begin promptly at 8:30 a.m.

Picture Day:
May 15th at 5:30 p.m.
No practice.

Swim Meet Check List

- Drink lots of water in the days before the meet.
- Get a good night's rest.
- Arrive at 6:45 a.m. for all home meets and 7:15 a.m. for all away meets.
- Swimmers **MUST** be checked in upon arrival or s/he will not be able to swim in the meet.
- Wear a Cuda swim suit.

What to Bring

- 2 towels per swimmer
- Goggles & swim cap
- Healthy snacks & drinks
- Money for concessions
- Sunscreen, chairs, games, toys, books