2019 Important Fall Information

**Strength & Conditioning {S&C} begins, Thursday, September 5, 2019. Regular Schedule will be: Monday, Thursday 5:00-6:00pm for Sr and PrSr. Saturday morning 8:15-8:45am for Silver and Gold; 9-10:00 for Sr and PrSr groups.**

**September 7, 2019. Team picture and parent meeting. We will gather for the team picture at 8:30am. After the picture we will have team relays followed by team breakfast. During the relays there will be a parent meeting. Orders will be taken for team hoodies during the meeting. Meet schedule will be handed out and general housekeeping covered.**

**Saturday times will change on Saturday, October 19, 2019 to the winter Saturday practice times. These are listed below.**

**Wet Practice Times:**

8:00-10:00am Sr Group

8:00-10:00am Pr. Sr. Group

10:00-11:00am Gold and Silver

Bronze does not practice on Saturday

**Strength & Conditioning Times:**

10:00-11:00. and Pr.Sr. Groups

9:15-9:45 Silver and Gold

**As we move into the cooler months of the year please send your swimmer to practice with water bottles, towels, warm-ups and or a parka. There are heaters on deck but they cover a very select area. Your swimmer needs to dry off completely before putting on any clothing. This will help them to get warm quicker. Team sweat suits may be purchased at Swim Freak.**

**Christmas Party will be on December 10, at the HOA Community Center. Time will be announced closer to the party. There will be no swim practice on this day. We will be doing a swim cap exchange between the swimmers. If your child wants to participate in the cap exchange please bring a new cap, wrapped or in a bag.**

**Select Swim will not have practice on the following holidays:**

Saturday, August 31 & Monday, September 2, 2019, Labor Day

Monday, October 14, 2019 Columbus Day

Thursday, October 31, 2019 Halloween Day

November 27-Dec 1, 2019 Thanksgiving Break (Pools are closed)

December 19-25, 2019 Christmas Break (Pools are closed)

December 30-January 2, 2019 New Year’s Break (Pools are closed)

**Holiday Practice Schedule:**

November 25-26, 2019 Normal afternoon practice times

December 26-28, 2019 Saturday Morning practice times will be used

January 3-4, 2019 Saturday Morning practice times will be used

If you have any questions please email select@ccswim.net