2021 Important Fall Information

**Swim practice begins August 16, 2021 using after school times. The swim times are the same:**

**4:00-4:45pm Bronze**

**4:45-6:00pm Silver and Gold**

**6:00-7:30pm PrSr**

**6:00-8:00pm Srs.**

**Strength & Conditioning {S&C} begins, Monday, August 23. 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 18, 2021. 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. Team picture will be taken in team t-shirts. T-shirts are available by joining the Booster Club. When joining you swimmer receives their team t-shirt and team cap. The Booster Club also sponsors all of the Birthday Mondays, Short Course & Long Course parties and the Holiday party.**

**Saturday times will change on Saturday, October 23, 2021 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. 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 15, 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, September 4 & Monday, September 6, 2021, Labor Day

Monday, October 11, 2021 Columbus Day

November 24-28, 2021 Thanksgiving Break (Pools are closed)

December 20, 2021-January 2, 2022 Christmas Break (Pools are closed)

December 31-January 2, 2021 New Year’s Break (Pools are closed)

**Holiday Practice Schedule:**

November 22-23, 2021 Normal afternoon practice times

December 28-30, 2021 TBD

January 3-4, 2021 Afternoon practice times will be used

If you have any questions please email [select@ccswim.net](mailto:select@ccswim.net)

Thank you,

Coach Jennie Lou