

# Swim Team Practices

**\*\*Practice will start Thursday, May 25<sup>th</sup>!!**

Practice will be every day (Monday-Friday) up until the first meet which is June 15<sup>th</sup>. After that, practice will only be Monday, Wednesday, and Friday mornings. There will be NO PRACTICE on Monday, May 29 as that is Memorial Day. The times are designated below by age groups.

## **Practice times:**

**7:00-8:30am (13 yrs. old & up)**

**8:30-9:30am (9-12 yrs. old)**

**9:30-10:15am (8 yrs. old & under)**

**-Nemos will only practice Monday, Wednesday, and Fridays AND will only participate in last home swim meet**

**\*\*\*Depending on the weather (can be very cold in the mornings), practice times may vary the first two weeks. If practice is cancelled in the morning, there may be an alternative practice at the Wellness Center or from 5-7pm that day. Coaches will notify everyone if practices are cancelled or moved.**

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# Swim Meet Schedule

Tuesday, June 13- Waukon—BYE

Thursday, June 15- Decorah @ Waukon

Tuesday, June 20- Monona/Postville @ Waukon

Thursday, June 22- Waukon @ Elkader/St. Point (Bus @ 3:05pm)

Tuesday, June 27- Waukon @ Manchester (Bus @ 2:30pm)

Thursday, June 29- Sumner @ Waukon

Thursday, July 6- Waukon @ Cresco (Bus @ 3:05pm)

Tuesday, July 11- West Union @ Waukon

Thursday, July 13- Waukon @ Calmar (Bus @ 3:15pm)

## **ALL DUAL MEETS:**

**Warm-up at 4:30pm**

**Starts at 5:00pm**

**\*\*Conference Meet hosted by Elkader/Strawberry Point  
Saturday, July 22**

**Warm-up at 9:00am**

**Starts at 10:00am**