

Swim Team Practices

****Practice will start Tuesday, May 29th!!**

Practice will be every day (Monday-Friday) up until the first meet which is June 7th. After that, practice will only be Monday, Wednesday, and Friday mornings. 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.**

Swim Meet Schedule

Thursday, June 7- Calmar @ Waukon

Tuesday, June 12- Waukon @ Decorah (Bus @ 3:20pm)

Thursday, June 14- Waukon—BYE

Tuesday, June 19- Waukon @ Monona/Postville (Bus @ 3:20pm)

Thursday, June 21- Elkader/St. Point @ Waukon

Tuesday, June 26- Manchester @ Waukon

Thursday, June 28- Waukon @ Sumner (Bus @ 2:45pm)

Thursday, July 5- Cresco @ Waukon

Tuesday, July 10- Waukon @ West Union (Bus @ 3:05pm)

ALL DUAL MEETS:

Warm-up at 4:30pm

Starts at 5:00pm

****Conference Meet hosted by Sumner
Saturday, July 14**

**Warm-up at 9:00am
Starts at 10:00am**