

Swim Team Practices

****Practice will officially start Monday, June 3rd!!
(Some optional practices may be held the week of May 27 after school)**

Practice will be every day (Monday-Friday) up until the first meet which is June 6th. 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 6- Sumner @ Waukon

Tuesday, June 11- West Union @ Waukon

Thursday, June 13- Waukon @ Cresco (Bus @ 3:05pm)

Tuesday, June 18- Waukon @ Manchester (Bus @ 2:30pm)

Thursday, June 20- Waukon @ Calmar (Bus @ 3:15pm)

Tuesday, June 25- Monona/Postville @ Waukon

Thursday, June 27- Waukon—BYE

Tuesday, July 2- Decorah @ Waukon

Tuesday, July 9- Waukon @ Elkader/St. Point (Bus @ 3:05pm)

ALL DUAL MEETS:

Warm-up at 4:30pm

Starts at 5:00pm

****Conference Meet hosted by Decorah
Saturday, July 13**

Warm-up at 9:00am

Starts at 10:00am