

## Swim Team Practices

**\*\*Practice will officially start on Tuesday, June 1<sup>st</sup>! (Nemos will officially start on June 2<sup>nd</sup>.)  
(Optional practice will be held on May 27 & May 28 in the morning – No Nemos)**

Practice will be every day (Monday-Friday) up until the first meet which is June 8<sup>th</sup>. 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 couple weeks. If practice is cancelled in the morning, there may be an alternative practice at the Wellness Center or from 5:15-6:45pm at the pool that day. Coaches will notify everyone if practices are cancelled or moved.

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## Swim Meet Schedule

Tuesday, June 8- Elkader/St. Point @ Waukon

Thursday, June 10- Waukon @ Decorah (Bus @ 3:20pm)

Tuesday, June 15- Waukon @ West Union (Bus @ 3:05pm)

Thursday, June 17- Cresco @ Waukon

Tuesday, June 22- Waukon @ Monona/Postville (Bus @ 3:20pm)

Thursday, June 24- Calmar @ Waukon

Tuesday, June 29- Manchester @ Waukon

Thursday, July 1- Waukon—BYE

Tuesday, July 6- Waukon @ Sumner (Bus @ 2:45pm)

### **ALL DUAL MEETS:**

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

**Starts at 5:00pm**

**\*\*Conference Meet hosted by Calmar  
Saturday, July 10**

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

**Starts at 10:00am**