

Woodbridge Club Swim Team 2019

Head Coach- Molly Anderson
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Assistant Coach- Rob Rosner
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- **Practice Schedule**

Start Day: June 17th
Monday, Wednesday & Friday
Novice and Intermediate: 12:45 - 1:30
Advanced: 2:00 - 3:00

- **Pep Rally**

Thursday, June 20th 5:00-6:00 PM

- **Stroke Clinic Schedule (optional)**

Starting June 18th (\$15 per child per day)
Tuesday and Thursday
1:30 - 2:00

- **Meet Schedule**

Saturday, June 22nd Away vs. Silver Sands Beach and Tennis Club
Saturday, June 29th Away vs. Paradise Club
Saturday, July 6th Home vs Farms Country Club*
Saturday, July 13th Home vs. Pine Orchard Yacht and Country Club*
Saturday, July 20th Home vs. Paugusset Club*

Please arrive for warm-up by 8:45 AM. All meets will start at 9:30 AM

*I will need volunteers to bring popsicles for home meets. We typically need about 150 popsicles to cover both teams. I will touch base with the opposing coach the week before each meet to confirm the number of swimmers. Please let me know if you are willing to donate popsicles.

- **Championships**

Tuesday, July 23rd
Warm-ups for Championships:
10/Unders: 8:00 am (all relays swim in the afternoon session)
11/Overs: 12:00 pm

- **Banquet**

Thursday, July 25th 6:00 pm

- **Order of Events**

- **Events 1-2:** Graduated Medley Relays
- **Events 3-6:** 100 Yard Individual Medley Races
- **Events 7-8:** 6 and under Freestyle
- **Events 9-18:** Butterfly
- **Events 19-28:** Breaststroke
- **Events 29-38:** Backstroke
- **Events 39-48:** Freestyle
- **Events 49-50:** Graduated Freestyle Relays

*Swimmers in the 6/U, 8/U, and 10/U swim 25 yards/meters (1 length of pool)

*Swimmers in the 12/U, 14/U, and 18/U swim 50 yards/meters (2 lengths of pool)

*Graduated Relays consist of one member from each of the 4 age groups (9&10, 11&12, 13&14, and 15-18).

*Medley Relays consist of 1 length of each stroke by 4 different swimmers

*Freestyle relays consist of 4 lengths of freestyle by 4 different swimmers

- **Number of events**
 - In dual meets, swimmers may participate in **3** individual events and **1** relay, or **2** individual events and **2** relays
 - In championships, swimmers may participate in **2** individual events and **1** relay, or **1** individual event and **2** relays

- **Eligibility**
 - The cutoff date for a given age group is determined by the swimmer's age as of **July 1, 2019**

- **Timers**
 - Parents are needed to volunteer as timers for dual meets and championships. Please let me know ASAP if you are willing to time.