



PRACTICE AND MEET SCHEDULE

Competitive Swimming and Training Camp Ages 5 Up

Lincolnood Proesl Park 50 Meter Pool

- **Members not currently on a competitive team must try out and participate in Stroke Clinics 5/18 thru 5/21 and 5/26 thru 5/28**
- **Fee includes t-shirt, swim cap, meet fees and transportation**
- **Members must compete in at least 3 meets and maintain minimum attendance requirements (8 Unders- 3x weekly, 9-12s- 4, 13 Ups- 6)**

5/18 Monday 5 PM	Stroke Clinics begin 5-6:30 PM
5/28 Thursday 6:30 PM	Parent meeting in Community Center
6/1 Monday 5 PM	Afternoon practices begin, 5-6 PM
6/8 Monday 7:30 AM	Morning practices begin
6/10 Wednesday 5 PM	Mandatory Inter-Squad Meet at Lwood
6/17 Weds 5 PM	Away meet at McHenry
6/24 Weds 5 PM	Home Vs Norridge
7/1 Weds 5 PM	Away meet at Buffalo Grove
7/8 Weds 5 PM	Home Vs Arlington
7/15 Weds 5 PM	Home Vs River Trails
7/22 Weds 1PM	NISC Conference Champs at McHenry