

Lee's Hill Swim Team Practice Schedule 2011

Evening Practice; starting Tuesday May 31st to Thursday June 9th

Tue-5/31, Wed-6/1, Thur-6/2

Mon-6/6, Tue-6/7, Wed-6/8, Thur-6/9

Times:

4:30 - 5:15pm - 13yrs and up

5:15 - 6:00pm - 9yrs - 12yrs

6:00 - 6:30pm - 8yrs and under

Morning practices; starting Monday June 13th to Friday August 5th 2011

13 and up age group 7:30 to 8:30am

9-12 ages group 8:30 to 9:20am

8 and under age groups 9:20 to 9:55am

The "Mock Meet" will be held on June 18th from 8-10am more details will be provided, including event order. No relays will be swum during the "Mock Meet".

Friday the 17th will be a meet morning practice,

** At the Coaches' discretion, some advanced 9-12year old swimmers may be asked to join the 13 and up age group practice.

Evening Stroke & Turn practices.

Throughout the summer, the coaching staff holds evening practices from 6:45 – 8pm Monday & Tuesday. These practices are focused on stroke and turn skills. The coaching staff will recommend when/if a swimmer needs to attend these practices.

2011 Meet Schedule

June 18 – Mock Meet (h)

June 22 – Austin Ridge (h)

June 29 - @ Fawn Lake

July 6 - Chancellor (h)

July 13 Curtis Park (h)

July 20 - @ College Heights

July 25 - @ Dahlgren

August 6 – Finals @ Curtis Park