



2017 Practice Times

**Morning practice begins:
Tuesday, May 30th**

Swim Practice Times

**Swim Team: 9 and over 8:30 - 9:30
8 and under 9:15 - 10:15**

Swim School: 10:20 - 10:50

Jr. Spartans: 10:20 - 10:50

Dive Practice Times

**Dive Team: 9 and over 9:30 - 10:30
8 and under 8:30 - 9:30**

****for those divers doing dive only, Coach Karin will be flexible on practice times.**

2017 Swim Meets

Friday June 9th: Red and Black Meet

Tuesday June 13th: @Coast Guard

Tuesday, June 20th: @ Lake Forest

Tuesday, June 27th: Oakwood @SHSC

Tuesday, July 11th: CCM @ SHSC

Tuesday, July 18th: West Mobile @SHSC

Saturday, July 22nd: Qualifier Meet @ Lake Forest

Tuesday, July 25th: Family Meet

Friday/Saturday, July 29th and 30th: City Meet