

**BEECHWOOD SHARKS
2019 SEASON DATA SHEET**

MAY 29 & 30, 2019: MEET THE COACH NIGHT! Come out at **5 pm** and be ready to swim! We will be holding time trials and assessing each swimmer for placement in practice groups. We will also be taking T-shirt orders, so come on out for whichever night works best!

JUNE 3, 2019 IS LAST DAY TO TURN IN REGISTRATION FORMS.

AFTER-SCHOOL PRACTICES ARE ON JUNE 3, 4, 5, 6, 10, 11, 12. *Group 3 (Zebras) will meet from 5-5:30pm. Group 2 (Tigers) will meet from 5:30-6:15pm and Group 1 (Threshers) will meet from 6:15-7:00pm.*

JUNE 17, 2019 First day of morning practice. (Groups swim in reverse order of afternoon practices.) We will meet Monday through Friday at 8:45am for Group 1 (Threshers), 9:45am for Group 2(Tigers) and 10:30am for Group 3 (Zebras). There is NO practice on JULY 4 & 5.

**THE GPSA Code of Conduct, Full Meet Schedule, and Rule Book will be emailed to the address you provided on the registration form.

*Regular season meets start at 5pm. Please arrive by 4:15pm on meet days for warm-ups and pre-meet procedures. If needed earlier, Coach Deb will let you know.

JUNE 20 AWAY MEET @ *Elizabeth Lakes*

JUNE 27 HOME MEET v. Northampton

JULY 1 HOME MEET v. Mallory

JULY 9 *is a make-up date*

JULY 11 AWAY MEET @ *Riverdale*

JULY 18 HOME MEET v. Beaconsdale

JULY 22 AWAY MEET @ *Wendwood*

JULY 25 *is a make-up date*

AUGUST 3 CITY MEET @ Ft. Eustis ~Swimmer must achieve qualifying times to swim.

AUGUST 9* SWIM BANQUET AT 5 PM FOLLOWED BY POOL PARTY

****Date/Time is subject to change***

It is recommended that each swimmer bring 2 pair of goggles to practice. One pair should be mirrored for sunny practice days, the other should be clear or tinted for cloudy days. SUNSCREEN IS MANDATORY for ALL swimmers. (Zinc oxide or Titanium Dioxide, act as a block rather than a screen and are usually waterproof). No sunscreen = No swim.

Swim caps are required for swimmers with hair that covers their eyes when wet.

Please remember that our events are only as successful as the volunteers we have. We will have a "Sign up genius e-mail" sent out before each meet for parents to sign up to help at meets. Don't sit back and expect others to fill positions. If parents are not volunteering, Coach Deb will assign positions if there are still holes. Remember...it takes a village. Lastly, it is Parent Responsibility to check the entrance white board EVERY DAY for changes. Info will **always** be posted ahead of time.

If you signed up for a committee, emails for those meetings and events will be sent separate from other swim team events.