2023 Swim & Dive Team Schedule

Sunday 6/11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 6/17
	Mandatory **Team Parent Mtg 7:30p**	Not Available	Practice Time 4-5p ages **10 & Under** 5-6p ages **11 & Over**	Not Available		**Designer Bag Bingo** **Fundraiser 10:30a**
Sunday 6/18	**Monday 19**	**Tuesday 20**	**Wednesday 21**	**Thursday 6/22**	**Friday 6/23**	**Saturday 6/24**
Happy Father's Day	Dive practice CSI 9-10a 9:15-10:30a **10 & Under** 10:30-11:30a **11 & Over** **11:30-12p Lessons**		Swim Practice Time 7-8pm ages **11 & Under**	Dive Practice CSI 9-10a Swim Practice 7-8pm ages **12 & Over**		
Sunday 6/25	**Monday 26**	**Tuesday 27**	**Wednesday 28**	**Thursday 6/29**	**Friday 6/30**	**Saturday 7/1**
Morning Practice Starts Monday **RC Travel Team Posted**	**Dive CSI 9-10a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	Same Practice Schedule as Monday **HSC at RCCC 4p** Warm up 3:30pm	**Dive Meet SSSC 9a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**Dive CSI 9-10a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**Dive CSI 9-10a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	
Sunday 7/2	**Monday 7/3**	**Tuesday 7/4**	**Wednesday 5**	**Thursday 6**	**Friday 7**	**Saturday 7/8**
	Dive CSI 9-10a 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**SLEEP IN, DAY OFF...** **HAPPY FOURTH!**	**Dive Meet GKSC 4p** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**Blue vs. Gold Meet** 8am - All HSC Swimmers Competing	**Dive CSI 9-10a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	
Sunday 9	**Monday 10**	**Tuesday 11**	**Wednesday 12**	**Thursday 13**	**Friday 14**	**Saturday 15**
	HSC vs. VGSC 9a Warm up 8am Team Pizza Day	**Dive CSI 9-10a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**Dive Meet SSSC 9a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**Team Picture 8:30a** **HSC vs SSSC 9a** Warm up 8am Team Pizza Day	**HSC at GKSC 9a** Warm up 8am	Special Olympics New York
Sunday 16	**Monday 17**	**Tuesday 18**	**Wednesday 19**	**Thursday 20**	**Friday 21**	**Saturday 22**
	Dive CSI 9-10a 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**HSC at VGSC 9a** Warm up 8am	**Dive Meet GKSC 9a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**Dive CSI 9-10a** 8-9:15a ages 13-18 9:15-10:30a ages 9-12 10:30-11:30a ages 8 & U **11:30-12p Lessons**	**HSC vs. RCCC 9a** Warm up 8am Team Pizza Day	Mini Champs at HSC 8am (ALL 8 & Under)
Sunday 23	**Monday 24**	**Tuesday 25**	**Wednesday 26**	**Thursday 27**	**Friday 28**	**Saturday 29**
	11:30-12p Lessons **HSC vs. GKSC 5p** Warm up 4pm HSC Team Pizza Day	**Usual Dive / Swim** **Practice Times &** **Lessons** **Full Team Pasta Lunch &** **Champs Rally-12p**	**Dive Meet SSSC 4p** Usual Swim Practice Times & Lessons	**HSC at SSSC 9a** Warm up 8am **Dive CSI 2-3p** Champs Team Post-3pm	**Dive Champs GKSC** Warmup TBD **Splash Party @HSC** **6:30p**	Champs Team Practice 10-12p
Sunday 7/30	**Monday 7/31**	**Tuesday 8/1**	**Wednesday 8/2**	**Thursday 3**	**Friday 4**	**Saturday 5**
Champs Team Practice 9-11a	**SWIM CHAMPS** PRELIMS at RCCC Warmup Time TBD	**SWIM CHAMPS** FINALS at RCCC Warmup Time TBD	**2023 Swim Team** **Awards Dinner** 6:30p HSC Patio	**ENJOY VACATION**		

DIVE | HOME | AWAY | CHAMPS