



## SUMMER SWIM TEAM 2025

Instruction for any MSC member athlete between the ages of 5-18. Qualifying athletes must be capable of swimming the length of the pool or approved by the coaching staff.

### SPRING PRACTICE SCHEDULE

Beginning May 19, 2025

- 11&12, 13+:** 4:00 – 4:45 Mon-Fri
- 9&10:** 4:45 – 5:30 Mon-Fri
- 8&U:** 5:30 – 6:00 Mon-Fri
- Mini Mantas:** 6:00 – 6:30 Tues & Thurs



### SUMMER PRACTICE SCHEDULE

Beginning June 23, 2025

- 9 & 10:** 8:30 – 9:15 Mon-Fri
- 11&12:** 9:15 – 10:15 Mon-Fri
- 13+:** 10:15 – 11:15 Mon-Fri
- Mini Mantas:** 10:15 – 10:45 Mon-Fri
- 8&U:** 11:15 – 12:00 Mon-Fri

## 2025 TEAM CALENDAR

### All Dates are Tentative

*All meet times & locations subject to change*

- May 4 Cinco de Mayo Summer Programming Meet & Greet 3 – 5pm
- TBD Mandatory Parent Meeting (Option 1) 5:00 – 5:45pm
- TBD Mandatory Parent Meeting (Option 2) 5:30 – 6:15pm
- TBD Mandatory Parent Meeting (Option 3) 6:00 – 6:45pm
- June 9 Time Trials @ MSC, 5:00 (4:00 check-in, 4:15 warm-up)
- June 17 “B” Meet HOME vs. Snoqualmie Ridge
- June 19 “A” Meet AWAY @ Snoqualmie Ridge
- June 24 “B” Meet AWAY @ Samena
- June 26 “A” Meet HOME vs. Samena
- July 1 Combined “A” & “B” Meet HOME vs. MICC
- July 8 “B” Meet AWAY @ Somerset
- July 10 “A” Meet HOME vs. Somerset
- July 13 Coaches’ Party
- July 15 “B” Meet HOME vs. Klahanie
- July 17 “A” Meet AWAY @ Klahanie
- July 19 or 20 Division (“B”) Champs @ TBD
- July 27 League (“A”) Champs @ KCAC
- July 28 Awards Celebration @ MSC, 6:30pm

#### Home Meets

- MSC Check-in: 4:30
- MSC Warm-up: 4:45
- Meet Start: 6:00

(check-in /warm-up 30 minutes earlier for combined meets, 5:30pm meet start)



#### Away Meets

- MSC Check-in: 5:00
- MSC Warm-up: 5:15
- Meet Start: 6:00