



Trident Swim Team

Practice Schedule



PM Swim Practices *Attendance strongly encouraged*:

May 30th – June 14th 4:30 – 5:30pm

AM Practices: Mon to Friday - Starting June 15th – July 21st

Champs Practices July 24th - July 27th *times may change*

Google Calendar for the Swim Team via QR code



We wanted ways to communicate inform to you in case of practice schedule or meet changes / cancellations. We will be emailing and tweeting about changes to meets and practices as soon as decisions are made. The ways we will get information out are through the email and twitter below. Please also like and follow the Swim Team Facebook Page for Updates: fb.me/TridentSwimTeamPA

Email: tridentswimteampa@gmail.com

Twitter: @SwimTrident

Times for practice	Age Groups	Coaches - Head Coach - Mark Freeman
Swim: 8:45 – 9:45am	15 and up; 13-14	Colleen Daday (Assistant)
Swim: 9:45 - 10:45am	11-12	Daniel Bonge & Mahlon Reihman
9:45 - 10:45am	9-10	Elizabeth Fahrney & Mikey Brennan
Swim: 10:45 - 11:30am	8 and unders	Brooke Rodgers & Sarah Bobeck
11:00- 11:30am	Pre Swim	Caroline Farney, Aidan Carey, & Charlie Withrow
Diving: (Tentative Schedule) 8:30 – 10:30am	Diving 9-10 & 11-12 13-14 & 15 and up Make-up practice	Aija Tighe

****Time Trials: Saturday, June 17th from 9:00 – 11:00 am at Trident**

OTHER NOTABLE DATES:

Saturday, June 3 at 9:00 am or 1:00 pm, location TBD: League-wide Meet Manager Training

Saturday, June 7 at 9:00 am at Orchard View: Stroke and Turn Clinic (Volunteer Training)

Thursday, June 15 from 6:00 - 7:00 pm at Saucon Valley Country Club: Diving Judges' Clinic

Saturday, June 17 from 9:00 – 11:00 am at Trident: Volunteer Clinic - Stroke and Turn Training, etc.

Monday, June 19 at 6:00 pm: Swim Team Pizza Party

Friday, June 23 at 9:00 am: Swim-a-Thon (Kickoff of the Fun Friday Series!)

Tuesday, June 27 at 4:00 pm at Trident: Team Picture Day

Friday, June 30 during Practice: Fun Friday Part Duex

Friday, July 7 during Practice: Fun Friday Numero Tres

Saturday, July 8, time TBD at Alburtis Swim Club: ABE League Mini-Meet

Friday, July 14 during Practice: Fun Friday the Finale

Tuesday, July 25 at 6:30 pm: Awards Night