

WILLOWBROOK SWIM & DIVE

2019 SEASON

E-MAIL ADDRESS: willowbrookswimtennis@gmail.com

IMPORTANT DATES

- **May 25:** Meet & Greet/ Suit Fitting
- **June 17:** Pre-Season Begins for ALL
- **June 24:** Time Trials Session 1
- **June 25:** Time Trials Session 2
- **June 27:** Regular Practice Schedule Begins
- **June 28:** Kick off BBQ
- **TBD:** Team Dinner

DUAL MEET SCHEDULE

- ✓ **Saturday, June 29:**
Away at Briarcliff
- ✓ **Tuesday, July 9:**
Home vs. Pound Ridge
- ✓ **Thursday, July 11:**
Home vs. Katonah
- ✓ **Tuesday, July 16:**
Away at Yorktown
- ✓ **Thursday, July 25:**
Away at CST

"B" MEET SCHEDULE

SWIM (locations TBD)

- Wednesday, July 10
- Wednesday, July 17
- Wednesday, July 24

DIVE (locations TBD)

- Monday, July 8
- Monday, July 15
- Monday, July 22

CHAMPIONSHIPS

- ◆ **July 31:** Dive Championships
- ◆ **August 1:** Dive All-Stars
- ◆ **August 3:** Swim Championships
- ◆ **August 4:** Swim All-Stars

Pre-Season Practice Schedule

10 & Under: 4:00-5:00

11 & Over: 4:00 – 5:30

DIVE TEAM: 5:00-6:30

DIVE TEAM

Regular Practice Schedule

Monday – Friday

5:00 – 6:30pm

SWIM TEAM

Regular Practice Schedule

MORNING PRACTICE:

Monday-Friday

10 & Under: 10:30am – 11:30am

11 & Over: 10:30am – 12:00pm

AFTERNOON PRACTICE:

Monday-Friday

10 & Under: 4:30pm – 5:30pm

11 & Over: 4:30pm – 6:00pm

Northern Westchester Swim Conference Website: <http://northernwestchestersc.com>