



2009-2010 SWIM & MEET SCHEDULE

Practice Schedules

(October 30th, 2009 Through June 6th, 2010)

Session I (*High School Swimmers*)

Tue & Thur 3:30p.m. to 5:30p.m. &
Sat 7:00a.m. to 9:00a.m.

Session II (*Elementary & Middle School Swimmers*)

Tue & Thur 5:30p.m. to 7:00p.m. &
Sat 9:00p.m. to 11:00a.m.

Session III (*Select High School & Middle School Swimmers*)

Mon & Wed 5:00p.m. to 7:00p.m.

NO PRACTICE DURING MOST MAJOR SCHOOL BREAKS, These include:

Thanksgiving Break November 26th & 28th
Christmas vacation Dec 24th-26th, &
Dec 31st - Jan 2nd,

(Beginning June 7th, 2010 through Aug 13th, 2010)

Monday, Tuesday, Wednesday, Thursday & Friday

Session I (*High School Swimmers*) 6:15a.m. to 8:00a.m.

Session II (*Elementary & Middle School Swimmers*) 7:45a.m. to 9:00a.m.

Meet Schedules

SPA Saturday/Sunday at the Races Invitational (25 Yard Short Course Prelims/25 Meters Finals)
January 16th – 17th, 2010 (*Friday, Saturday and/or Sunday*) Entries NLT Dec 29th, 2009

Last Chance JO Qualifier at Clearwater (25 Yard Short Course Prelims/50 Meters Finals)
February 5th – 7th, 2010 (*Friday, Saturday and/or Sunday*) Entries NLT Jan 18th, 2010

Spring Junior Olympic Championships at Clearwater (25 Yard Short Course)
February 18th – 21st, 2010 (*Qualification Times required see Coaches*)

Spring Senior Championships at Orlando (25 Yard Short Course)
February 25th – 28th, 2010 (*Qualification Times required see Coaches*)

Area 3/5 Spring Championship at Sarasota
March 5th - 7th, 2010 (*Friday, Saturday and/or Sunday*) Entries NLT Feb 15th, 2010

The Rowdy Cup at Winter Haven (50 meter Long Course)
April 16th - 18th, 2010 (*Friday, Saturday and/or Sunday*) Entries NLT Mar 29th, 2010

St. Petersburg Swim Meet
May 21st – 22nd, 2010 (*Friday and/or Saturday*) Entries NLT May 3rd, 2010

Crystal River Invitational Developmental Meet at Bicentennial Pool* (25 Yard Short Course)
June 12th, 2010 (*Saturday*) Max participation expected!! (Date not confirmed)

Summer Series Developmental Meet at Land O' Lakes
June 19th, 2010 (*Saturday*) Max participation expected (Date not confirmed)

TBAY Invitational at Lakeland (25 Yard Short Course)
July 10th & 11th, 2010 (*Saturday and Sunday*) Entries NLT June 21st, 2010

Summer Junior Olympic Championships at Orlando (50 Meter Long Course)
July 15th – 18th, 2010 (*Qualification Times required see Coaches*)

Summer Senior Championships at Sarasota (50 Meter Long Course)
July 30th – Aug 1st, 2010 (*Qualification Times required see Coaches*)

Area 3/5 Summer Championship at St. Pete (25 Yard Short Course)
July 30th – Aug 1st, 2010 (*Friday, Saturday and/or Sunday*) Entries NLT Jul 12th, 2010

* Home Meet: we need many family volunteers to help at the meet.

Events

End of Summer Swim Party at Bicentennial Pool
August 14th, 2010 (*Saturday*)

** Dates subject to change, please check the team web site for changes.*

**** SCST will NOT hold practices on days of swim meets. We expect our swimmers to participate in the meet if they are not out of town.**

Revised 12/19/2009

Meet Survival Tips

Meet entry forms: Coaches will hand out meet forms usually 2 to 3 weeks or more before the scheduled meet. Check your mailbox folder for the forms and our website for additional information. Please indicate whether or not your swimmer will be participating and return the entry form with your check for entry fees to the Captain's mailbox folder prior to the deadline. Directions to out-of-town meets are available online and in the mailbox map folders. Car pooling is always an option.

Arrival: Arrive on deck 20-30 minutes before scheduled warm-ups. On deck means the pool area where the swimmers will be warming up before the meet. There is always a limited time for warm-ups so on time arrival is important. The coaches also take roll to see which swimmers can swim the relays.

What to Bring: Team suit and cap, goggles, 2-3 towels, sandals, snacks, cooler with drinks, pen, highlighter. You will want to bring along your own lawn chair(s), reading material or other things to occupy yourself during the "down time" between your child's events. Do not bring practice equipment (fins, paddles, etc.) but spare goggles and cap are a good idea.

Heat Sheets: When you arrive at the meet you will want to purchase a heat sheet. This form tells you what heat and lane your swimmer will be in and approximate time. Heat sheets usually run \$7.00 or \$8.00 for the entire meet. Once you have your heat sheet, look up the event numbers and find your swimmer's name. You may want to write the event number, heat number and lane number on your (younger) swimmers with a water-resistant pen. This will be an easy reference for them to keep track of their heat and lane. Swimmers are always personally responsible for getting to their lane early for their heat. (Heat sheets are typically not available for developmental meets.)

Swimmer/Parent Rest Areas: The Team will usually have a tent, which is the designated area for our swimmers to sit between events. The team sets up their chairs, coolers, games etc. and make themselves right at home.

Results and Posting: The swimmers are to ask the timers for their finish time and report to the coach before returning to the rest area. The results of the event your swimmer swims in will be posted in a designated area. The awards are sent home with the coach and will be distributed along with team results in your mailbox folder the next practice day or as soon as possible.

Departure: Before leaving the meet, please make sure that your swimmer is not in any last relays. Sometimes these change at the very last minute. Always check with a coach before leaving for home.



For more information visit the team's web site at
www.SunCoastSwimTeam.com