



2009 SWIM & MEET SCHEDULE

Practice Schedules

(October 30th, 2008 Through June 6th, 2009)

Tuesday, Thursday & Saturday

Session I (High School Swimmers)

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

Session II (Elementary & Middle School Swimmers)

Tue & Thur 5:00p.m. to 6:30p.m. & Sat 9:00p.m. to 11:00a.m.

NO PRACTICE DURING MOST MAJOR SCHOOL BREAKS, These include:
Thanksgiving week, Christmas vacation Dec 22nd-Jan 4th,
Spring Break Apr 10th -Apr 19th and Last day of school June 10th

(Beginning June 11th, 2009 through July 31st, 2009)

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

CAT at Clearwater (25 Yard Short Course)

January 6th – 8th, 2009 (Friday, Saturday and/or Sunday) Entries closed as of Dec 20th, 2008

Last Chance JO Qualifier at Clearwater (25 Yard Short Course)

February 16th – 18th, 2009 (Friday, Saturday and/or Sunday) Entries closed as of Jan 24th

Spring Junior Olympic Championships at Clearwater (25 Yard Short Course)

February 19th – 22nd, 2009 (Qualification Times required see Coaches)

Spring Senior Championships at Clearwater (25 Yard Short Course)

February 26th – March 1st, 2009 (Qualification Times required see Coaches)

Area 3/5 Spring Championship at Sarasota

March 6th, 7th & 8th (Friday, Saturday and/or Sunday) Entries due NLT Thursday 22nd

The Rowdy Cup at Winter Haven (50 meter Long Course)

April 17th - 19th, 2009 (Friday, Saturday and/or Sunday) Entries closed as of April 3rd

Central Florida Marlins at Ocala/CFCC (50 Meter Long Course)

May 15th & 16th, 2009 (Friday and/or Saturday) Entries due NLT Tuesday, May 1st

Crystal River Invitational Developmental Meet at Bicentennial Pool* (25 Yard Short Course)

June 13th, 2009 (Saturday) Max participation expected!! (date not confirmed yet)

Summer Series Developmental Meet at Land O' Lakes

June 27th, 2009 (Saturday) Max participation expected (date not confirmed yet)

TBAY Invitational at Lakeland (25 Yard Short Course)

July 11th & 12th, 2009 (Saturday and Sunday) Entries due NLT Tuesday, June 19th

Area 3/5 Summer Championship at St. Pete (25 Yard Short Course)

July 31st – Aug 2nd, 2009 (Friday, Saturday and/or Sunday) Entries due NLT Tuesday, July 10th

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

Events

End of Summer Swim Party at Bicentennial Pool

August 8th, 2009 (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 11/14/2008

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