

2017 Swim Team Practice Schedule

May 30th – June 1st Swim 5:30-6:15pm Dive 6:15-7pm No Friday Practice

June 5th – 8th Swim 5:30-6:15pm Dive 6:15-7pm No Friday Practice

6 and under swimmers practice 5:00pm-5:30pm without the rest of the team the 1st two weeks of practice, then 5:30pm thereafter

June 12th Regular practice hours begin for all age groups and are as follows:

Mon	Tues	Wed	Thu	Fri
Swim 9-10am	Swim 9-10am		Swim 9-10am	Swim 9-10am
Dive 10-11am	Dive 10-11am		Dive 10-11am	Dive 10-11am
Swim 5:30-6:15p		Swim 5:30-6:15p	Swim 5:30-6:15p	
Dive 6:15-7:00p	Meet Nights	Dive 6:15-7:00p	Dive 6:15-7:00p	

Must attend 2 practices per week to swim in the following Tuesday Meet

Sign up for meets in the breezeway book by 10:00am each Monday

No Wed Morning or Friday Evening Practices **NO practice July 3rd – July 7th **

Olde Forest 2017 Swim Meet Schedule

(Preliminary Schedule/Subject To Change)

Tuesday, June 13th

OFRC vs COBA (home) swim & dive

Tuesday, June 20th

OFRC BYE WEEK

Tuesday, June 27th

OFRC vs Rockingham & ACC (home) swim & dive

Tuesday, July 4th

BYE WEEK all teams

Tuesday, July 11th

OFRC vs Dogwood (home) swim & dive

Tuesday, July 18th

OFRC vs Asheboro (home) swim only/no dive

Tuesday, July 25th

OFRC @ Gibsonville (away) swim & dive



Championships

Psych Party – Friday, July 28th 9:00am-11:15am

Swim – Saturday, July 29th (@ TBD) Dive – Sunday, July 30th (@ ACC)

Swim Banquet/Covered Dish Tuesday, August 1st 6:00pm Upstairs Lounge