

2018 Swim Team Practice Schedule

May 29th – June 7th 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 2 weeks of practice, then 5:30-6:15pm 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 2:00pm each Sunday

No Wed Morning or Friday Evening Practices **NO practice July 2nd – July 6th **

Olde Forest 2018 Swim Meet Schedule

(Preliminary Schedule/Subject To Change)



Tuesday, June 5 th	OFRC vs. COBA & ACC (home) swim & dive
Tuesday, June 12 th	OFRC @ Asheboro (away) swim only/no dive
Tuesday, June 19 th	OFRC vs. Gibsonville (home) swim & dive
Tuesday, June 26 th	OFRC BYE WEEK
July 4 th Week	BYE WEEK all teams
Tuesday, July 10 th	OFRC @ Rockingham (away) swim only/no dive
Tuesday, July 17 th	OFRC vs Dogwood (home) swim & dive
Tuesday, July 24 th	Makeup week for rainouts (all clubs)

Championships

Psych Party – Friday, July 27th 9:00am-11:00am

Swim – Saturday, July 28th (@ MAC) Dive – Sunday, July 29th (@ TBD)

Swim Banquet/Covered Dish Tuesday, July 31st 6:15pm Upstairs Lounge