

2019 Swim Team Practice Schedule

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

May 28th – 30th Swim 5:30-6:15pm Dive 6:15-7pm No Friday Practice
 June 3rd – 6th, 10th & 11th Swim 5:30-6:15pm Dive 6:15-7pm No Friday Practice

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 2019 Swim Meet Schedule

(Preliminary Schedule/Subject To Change)

Tuesday, June 18 th	OFRC @ Gibsonville (away) swim & dive
Tuesday, June 25 th	OFRC @ ACC (away) swim & dive
Tuesday, July 2 nd	BYE WEEK all teams
Tuesday, July 9 th	OFRC @ COBA (away) swim & dive
Tuesday, July 16 th	OFRC vs Dogwood (home) swim & dive
Tuesday, July 23 rd	OFRC vs Rockingham (home) swim only



Championships

Psych Party – Friday, July 26th 9:00am-11:15am

Swim – Saturday, July 27th (@ TBD) Dive – Sunday, July 28th (@ TBD)

Swim Banquet/Covered Dish Tuesday, July 30th 6:30pm Upstairs Lounge