

2021 Swim and Dive Team Practice Schedule

June 1th – June 11th Swim 6:15-7pm Dive 7-7:45pm No Friday Practice

****6 and under swimmers practice 5:30pm-6:15pm without the rest of the team the 1st 2 weeks of practice, then 6:15-7pm thereafter**

June 14th regular practice hours begin for all age groups and are as follows:

Mon	Tues	Wed	Thu	Fri	Sat
Swim 9-10am			Swim 9-10am		
Dive 10-11am	Swim 9-10am		Dive 10-11am	Swim 9-10am	Dive meet days
Swim 6:15-7pm	Dive 10-11am	Swim 6:15-7pm	Swim 6:15-7pm	Dive 10-11am	
Dive 7-7:45pm	Swim Meet Nights	Dive 7-7:45pm	Dive 7-7:45pm		

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 5nd – July 9th **



Olde Forest 2021 Swim and Dive Meet Schedule

Tuesday, June 15 th	OFRC BYE WEEK
Saturday, June 19 th	OFRC @ Gibsonville (away) DIVE ONLY
Tuesday, June 22 nd	OFRC @ Gibsonville (away) SWIM ONLY
Saturday, June 26 th	OFRC vs. Gibsonville (home) DIVE ONLY
Tuesday, June 29 th	OFRC vs. Rockingham (home) SWIM ONLY
July 4 th Week	ALL TEAMS BYE WEEK
Saturday, July 10 th	OFRC @ Gibsonville (away) DIVE ONLY
Tuesday, July 13 th	OFRC vs. Gibsonville (home) SWIM ONLY
Saturday, July 17 th	OFRC vs. Gibsonville (home) DIVE ONLY
Tuesday, July 20 th	OFRC @ Rockingham (away) SWIM ONLY

Championships

Psych Party – Friday, July 23rd 9:00am-11:00am

Swim – Tuesday, July 27th (@ OFRC) Dive – Saturday, July 24th (@ GSRC)
Swim Banquet/Covered Dish Tuesday, Aug 2nd 6:15pm Upstairs Lounge