

# RFCC 2020 SWIM & DIVE TEAM

## Meet Schedule:

<b>Date</b>	<b>Location</b>	<b>Dive/Swim</b>
Thursday, June 11	at Butterfield	4:00 pm / 5:30 pm
Tuesday, June 16	Home vs. Chicago Highlands	4:00 pm / 5:15 pm
Thursday, June 18	at Aurora CC	4:00 pm / 5:30 pm
Tuesday, June 23	Home vs Edgewood Valley	4:00 pm / 5:15 pm
Thursday, June 25	Diving Invite at Medinah	4pm w-up/ 5pm start
Tuesday, June 30	Relay Meet at RFCC	4:30 warm-up/ 5:30 start
Tuesday, July 7	at Medinah	4:00 pm / 5:30 pm
Thursday, July 16	Diving Championships at CHCC	3pm start (Details TBA)
Saturday, July 18	Swim Championships at BCC	9am w-up/10am start
Sunday, July 19	TEAM BANQUET	5:00 pm

**Please note: Athletes will be expected to arrive approximately 45 minutes prior to the start time listed above to warm-up with the team. Athletes must compete in 2 dual meets to be eligible for the championship meet.**

## Practice Schedule: Opening day: Tuesday, June 2nd

**Tuesday – Friday: All 9 and ups will have the option of swimming at either of the first 2 practice times.**

8:00 – 9:00 am    11 and up

9:00 – 9:45 am    9-10 year olds

9:45 – 10:30 am    5-8 year olds (Must be able to swim the width of the pool on their own)

10:30 – 11:00    Ages 3 and up – JUNIOR RIPTIDE – See below for more information

10:30 – 11:00    DIVING practice for all divers, ages 7 and up

### **JUNIOR RIPTIDE – New this year – Group Swim Lessons!**

- Ages 3 and up – all levels welcome!
- Small groups to assist young swimmers in developing swimming skills
- Sign up for one week or all 6 weeks! Lessons will start June 9.
- \$40 / week or 6 weeks for \$200 – Space will be limited!