

Synchro - May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Pre-Season Synchro Clinic - Schlessman Y (\$10) 3:30 – 5:30 pm	7	8	9	10	11	12
13	14	15 5:00 – 6:30 pm All Katie, Maddie, Olivia	16 5:00 – 6:30 pm All Katie, MK, Sophia	17 5:00 – 6:30 pm All Katie, Emily, Maddie	18 NO SYNCHRO	19 JUDGES TRAINING @ Skyline 10:00 am – 12:00 pm
20 Pre-Season Synchro Clinic - Schlessman Y (\$10) 3:30 – 5:30 pm	21 5:00 – 6:30 pm All Katie, Emily, MK, Maisie	22 5:00 – 6:30 pm All Katie, Maddie, Olivia	23 5:00 – 6:30 pm All Katie, Maisie, Sophia	24 5:00 – 6:30 pm All Katie, Caroline, Sophia Team Parent Meeting	25 NO SYNCHRO	26
27	28 MEMORIAL DAY NO SYNCHRO	29 5:00 – 6:30 pm All Katie, Olivia, Caroline	30 5:00 – 6:30 pm All Katie, MK, Maisie	31 5:00 – 6:30 pm All Katie, Emily, Caroline		

NOTES

Pre-season May practices are strongly encouraged for all athletes. Attendance at the majority of May practices is mandatory for swimmers in their first season or those moving up from Novice to Intermediate.

SYNCHRO GROUPS:

Novices: (either in first year of Synchro or aged 9 & under by Dec. 31st, 2018)

Intermediates:

Int. Lower Division (10/11s & 12/13s)

Int. Upper Division (14/15s & 16-19s)

Synchro - June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO SYNCHRO	2
3	4 MORNING PRACTICE NIGHT PRACTICE 6:30-8:30pm 14/15s 6:30 - 9:30pm 16-19s	5 MORNING PRACTICE	6 MORNING PRACTICE	7 MORNING PRACTICE All Team Pasta Party!	8 SYNCHRO EXTRA WORKSHOP \$20 (VV Pool - Mock Figure Meet & Judging) 8:30 - 10:00 am	9 FIGURE MEET @ VV ~ 7:30 am - 12:00 pm
10	11 MORNING PRACTICE NIGHT PRACTICE 6:30-8:30pm 14/15s 6:30 - 9:30pm 16-19s	12 MORNING PRACTICE	13 MORNING PRACTICE	14 MORNING PRACTICE	15 SYNCHRO EXTRA WORKSHOP \$20 (Cherry Creek Dance Time TBD) Pool Unavailable Swim Meet	16
17	18 MORNING PRACTICE SYNCHRO SLEEPOVER (no night practice)	19 MORNING PRACTICE NIGHT PRACTICE 6:30-8:30pm 14/15s 6:30 - 9:30pm 16-19s	20 MORNING PRACTICE Team Pictures 8am	21 MORNING PRACTICE	22 SYNCHRO EXTRA WORKSHOP \$20 (VV Pool - Mock Figure Meet & Judging) 8:30 - 10:00 am	23 FIGURE MEET @ Skyline ~ 7:30 am - 12:00 pm
24	25 MORNING PRACTICE NIGHT PRACTICE 6:30-8:30pm 14/15s 6:30 - 9:30pm 16-19s	26 MORNING PRACTICE NIGHT PRACTICE 6:30-8:30pm 14/15s 6:30 - 9:30pm 16-19s	27 MORNING PRACTICE Pancake Breakfast!	28 MORNING PRACTICE	29 SYNCHRO EXTRA WORKSHOP \$20 (VV Pool - Features, Lifts, Stacks & Throws) 8:30 - 10:00 am	30

Synchro - July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	MORNING PRACTICE NIGHT PRACTICE 6:30–8:30pm 14/15s 6:30 – 9:30pm 16-19s	MORNING PRACTICE NIGHT PRACTICE 6:30–8:30pm 14/15s 6:30 – 9:30pm 16-19s	Independence Day (No Synchro)	MORNING PRACTICE	MORNING PRACTICE 8:30 – 11:00 am	FIGURE MEET @ STAPLETON ~ 7:30 am – 12:00pm
8	9	10	11	12	13	14
	MORNING PRACTICE NIGHT PRACTICE 6:30–8:30pm 14/15s 6:30 – 9:30pm 16-19s Parents Costume Mtg.	MORNING PRACTICE NIGHT PRACTICE 6:30–8:30pm 14/15s 6:30 – 9:30pm 16-19s	MORNING PRACTICE	MORNING PRACTICE	NO SYNCHRO Pool Unavailable Swim Meet	
15	16	17	18	19	20	21
	MORNING PRACTICE NIGHT PRACTICE 6:30–8:30pm 14/15s 6:30 – 9:30pm 16-19s	MORNING PRACTICE NIGHT PRACTICE 6:30–8:30pm 14/15s 6:30 – 9:30pm 16-19s	MORNING PRACTICE WATERSHOW 6:00pm	MORNING PRACTICE LOWER DIVISION INTERMEDIATES NIGHT PRACTICE 6:30–8:30pm (10/11 & 12/13s)	MORNING PRACTICE 8:30 – 11:00 am	VV Awards Banquet 5:00pm
22	23	24	25	26	27	28
	MORNING PRACTICE ALL INTERMEDIATES NIGHT PRACTICE 6:30–8:00pm (10/11 & 12/13s) 6:30 – 9:30pm (14/15 & 16-19's)	STATE FINALS @ CRESTMoor ~ 7:30 am – 4:30pm	STATE FINALS @ CRESTMoor ~ 7:30 am – 4:30pm			