



## Schedule 2019

### Tryout Dates

June 15	Sat	2:00 p.m. – 3:00 p.m.
June 18	Tues	4:00 p.m. – 5:00 p.m.

### Meet Schedule

July 6	Sat	Cranford @ Highland	8:30 a.m.
July 10	Weds	Highland @ Westfield Memorial	5:15 p.m.
July 13	Sat	Nomohegan @ Highland	8:30 a.m.
July 17	Weds	Willow Grove @ Highland	5:15 p.m.
July 20	Sat	Highland @ Manor Park	8:30 a.m.
July 22	Mon	Make-up Meet (if needed) / Championship entries due	
July 23	Tues	Highland @ Westfield (Green Meet)	9:00 a.m.
July 26	Fri	11/over UCOSL Championships @ WM	4:15 p.m.
July 27	Sat	10/under UCOSL Championships @ WM	8:00 a.m.

### Team Events

June 15	Sat	Team Kick-off Social (in the Grove)	3:00 p.m.
June 15	Sat	Suit Sale	3:00 p.m.
June 21	Fri	1 <sup>st</sup> Day of Practice	by age group
June 28	Fri	Team Picture/Apparel Sale Orders Due	9:00 a.m.
June 29	Sat	Relay Carnival @ Cranford Swim Club	9:00 a.m.
July 12	Fri	Biathlon (12/under) swim @ HSC	9:00 a.m.
July 27	Sat	Team Picnic & Awards Presentation @ HSC	2:00 p.m.

**THE FOLLOWING GUIDELINES WILL ENSURE AN ENJOYABLE SUMMER OF COMPETITION:**

- Read the bulletin board daily and check email updates for swim team announcements.
- Report on time for all meets (prior to start of warm-up) and check in with one of the coaches.
- Swimmers with long hair must wear a swim cap for practice sessions and swim meets.
- Swim goggles are recommended for all practice sessions.
- Complete the attached form and return to Jeannie Condell or Jen Weber by June 25.

- - - - - CUT AND RETURN BY JUNE 21 WITH \$30 PAYMENT PER SWIMMER CASH OR CHECK - - - - -  
 (Please make checks payable to cash or Highland Swim Team)

Swimmers names	Swimmer Birthdate	Meets Swimmer Will Miss
_____	_____	_____
_____	_____	_____
_____	_____	_____

Any other information that you think the coaches should know about your swimmer(s):

Parent name (s): \_\_\_\_\_ Your best email: \_\_\_\_\_  
 Best phone to contact: \_\_\_\_\_