

# PRACTICE & SPECIAL EVENT CALENDAR

<b>Monday</b>	<b>October 17</b>	<b>FIRST DAY OF PRACTICE</b>
<b>Wednesday</b>	<b>October 19</b>	<b>Swim Time Day</b> ( <i>early season pre times</i> )
<b>Tuesday</b>	<b>October 25</b>	<b>Distance Day</b>
<b>Wednesday</b>	<b>October 26</b>	<b>Swim with Fins Day</b>
<b>Monday</b>	<b>October 31</b>	<b>Halloween Practice – Wear a costume!</b>
		<b>Team Suit Order Deadline</b>
<b>Wednesday</b>	<b>November 9</b>	<b>Message in a Bottle Day</b>
<b>Wednesday</b>	<b>November 16</b>	<b>Swim-A-thon Fundraiser – see pledge sheet for details</b>
<b>Monday</b>	<b>November 21</b>	<b>Kick Board Day</b>
<b>Tuesday</b>	<b>November 22</b>	<b>Turkey Dinner Workout</b>
<b>Wednesday</b>	<b>Nov 23 - 25</b>	<b>Happy Thanksgiving Break – No Practice</b>
<b>Wednesday</b>	<b>November 30</b>	<b>Partner Swim Day</b>
<b>Monday</b>	<b>December 5</b>	<b>Game Day – Juniors welcome to stay till 5pm!</b>
<b>Wednesday</b>	<b>December 14</b>	<b>Continuous Swim Day – 500 or 1500 meters</b>
<b>Wednesday</b>	<b>December 21</b>	<b>Aqua Basketball &amp; Ballet – Water Games!</b>
<b>Thursday</b>	<b>December 22</b>	<b>Holiday Workout!!!</b>
<b>Monday</b>	<b>Dec 23 - Jan 2</b>	<b>Holiday Break - No Practice</b> ( <i>return on Jan 3</i> )
<b>Monday</b>	<b>January 9</b>	<b>Dice Day – roll to determine your workout</b>
<b>Thursday</b>	<b>January 12</b>	<b>Drag Suit Day</b>
<b>Monday</b>	<b>January 16</b>	<b>Martin Luther King Day - No Practice</b>
<b>Thursday</b>	<b>January 19</b>	<b>Sprint Day</b>
<b>Wednesday</b>	<b>January 25</b>	<b>CandyLand Day – Juniors welcome to stay till 5pm!</b>
<b>Wednesday</b>	<b>February 8</b>	<b>Starts, Turns, &amp; Sprints Regional Ready Practice</b>
<b>Thursday</b>	<b>February 9</b>	<b>Starts, Turns, &amp; Sprints Regional Ready Practice</b>
<b>Monday</b>	<b>February 13</b>	<b>Game Day – Juniors welcome to stay till 5pm!</b>
<b>Monday</b>	<b>February 20</b>	<b>Presidents Day - No Practice</b>
<b>Monday</b>	<b>Feb 27 - March 6</b>	<b>Winter Recess - No Practice</b> ( <i>return on March 7</i> )
<b>Wednesday</b>	<b>March 12</b>	<b>Swim Time Week</b> ( <i>end of season post times</i> )
<b>Wednesday</b>	<b>March 14</b>	<b>Last Junior Practice – Home Meet Ready Practice</b>
<b>Thursday</b>	<b>March 15</b>	<b>Last Senior Practice – Home Meet Ready Practice</b>
<b>Friday</b>	<b>March 16</b>	<b>STOWE SWIMMERS HOME MEET 5:00 Check in</b>
<b>Monday</b>	<b>March 19</b>	<b>STOWE SWIMMERS END OF SEASON BANQUET 3:30pm</b>



**April 24 – May 31**  
**June 18 – August 5**

**Spring Stroke Clinic**  
**Stowe Summer Swim Club**

## “SSWIFT”- Stowe Swimmer Workout Initiative Friday Training

Swimmers 13 & over looking for more distance and training in the pool are welcome to meet at 3:30 and work together as a group to accomplish a workout left by Coach Cara. SSWIFT will meet Fridays before a non-meet weekend: October 21st, November 4th, November 11th, November 18th, December 2nd, December 16th, January 13th, January 27th, February 17th, March 9th.