



Meet Scheduling Philosophy

Our staff believes that competition is an extension of our athletes' training. In order to truly measure progress, swimmers must compete. To that end, we select our competitions for our swimmers based off of the following criteria:

Below – At – and Above Competition Level

- Per season, we encourage each swimmer compete in at least one meet that is below their competition level, at their competition level, and above their competition level

Learning Opportunities

- There are a myriad of competition formats presented to athletes throughout their careers; therefore, we schedule meets to prepare them for these formats. Some competition formats include:
 - Times finals
 - Prelim / final (championship format)
 - Invitational
 - Dual meet

Number of Meets

- While keeping both the “below-at-above” and “learning opportunities” principles in mind, we look to offer at least one meet a month during the competition seasons to accommodate said principles
 - Winter competition season = October – February
 - Summer competition season = May – July