



LGSC PRACTICE SCHEDULE

2025 - 2026

2-week trials start on 1st or 3rd Mondays (Mon-Thur 3:30-4)

	Monday	Tuesday	Wednesday	Thursday	Friday
GREEN A	3:30-4:15	3:30-4:15	3:30-4:15	3:30-4:15	
GREEN B	5:15-6	5:15-6	5:15-6	5:15-6	
BRONZE	4:15-5:15	4:15-5:15	4:15-5:15	4:15-5:15	
SILVER	4-5:15	4-5:15	4-5:15	4-5:15	4-5:15
GOLD	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30
PLATINUM	4-6	4-6	4-6	4-6	4-6

Board Member & Coach Contacts

Position	Name	E-mail	Phone #
President & Meet Director	Beth Koza	bkoza71@gmail.com	541-910-0625
Vice-President	Ashley Close	ashleyclose88@gmail.com	540-526-3156
Treasurer	Tonya Fenley	treasurer.lgsc@gmail.com	541-969-2774
Registrar	Shannon Donovan	smdonovan5678@gmail.com	907-830-4062
Secretary	Jessica Baum	baumstudio@gmail.com	503-470-0471
Safe Sport	Jimmy Zamora	jjzamora4@gmail.com	541-589-2574
Interim Head Coach	Kennedy Alldredge	bkruse508@gmail.com	541-429-1378
Assistant Coaches	Taylor Fox Steve Koza Tatiana Ricker Ryan Toohey	taylor.taytay.fox@gmail.com koza.steve@gmail.com tatiarick27@gmail.com heytoohey@gmail.com	541-910-4043 541-910-6690 541-963-5961 907-280-9594
Athlete Rep – Sr. Athlete Rep – Jr.	Isabel Fenley Amelia Koza	isabel.fenley@icloud.com ameliakoza42@gmail.com	



Swimwear Shop - a portion of proceeds from anything you order (suits, goggles, etc.) comes back to the club! Just follow this link:

<http://www.swimoutlet.com/lagrandeswimclub>



Club Gear Shop - a portion of proceeds from anything you order (shirts, hoodies) comes back to the club! Just follow this link:

<https://lgswimclub.itemorder.com/shop/home/>



2025-2026 MEET & EVENT SCHEDULE

Meet Schedule is subject to change-club policy requires 6 or more athletes attending in order for the club to send a coach.



October

7	Intrasquad Meet – BLUE VS BLACK	VMP – all groups at 4pm
25-26	Spooktacular (HOME MEET!)	La Grande, OR

November

21-23	Thanksgiving Invitational	Nampa, ID
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December

5-7	*Vandal Invitational	Moscow, ID
6	Reindeer Games	Nampa, ID

January

3-4	January Storm	Walla Walla, WA
16-18	*Sawtooth Winter Invitational	Boise, ID
24-25	Winter Open	Moses Lake, WA
31-1	Caldwell Cabin Fever	Caldwell, ID

February

13-15	IES Junior Champs	Moses Lake, WA
27-1	*IES Short Course Champs	Moscow, ID

March

12-15	*NW Speedo Sectionals	Federal Way, WA
19-22	*Mtn West Age Group Championships (14-under)	Boise, ID
19-22	*SC Senior Zones	Mesa, AZ

April

TBD	DASH FOR CASH FUNDRAISER!	La Grande, OR
25-26	Sweet Onion Open (SCY)	Walla Walla, WA

May

15-17	Chris Engledow Memorial	Lewiston, ID
29-31	Tri-Cities Invitational	Pasco, WA

June

19-21	Summer Solstice	Spokane, WA
26-28	BY Open Invitational	Boise, ID

July

3-5	Pendleton Open	Pendleton, OR
10-12	Sizzlin Summer Splash	Moses Lake, WA
16-19	*NW Speedo Sectionals	Gresham, OR
24-26	*IES Long Course Champs	Pasco, WA
28-2	*WZ Long Course Senior Championships	Clovis, CA

August

5-8	*WZ Age Group Championships	TBD
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**Meets that require qualifying times to enter*