



2025 SWIM TEAM CALENDAR

Quick Guide

Team Web Site: <https://www.teamunify.com/team/recmcsltfst/page/swim-groups/swim>

Away Meet Pool Addresses: [MCSL Team and Division Information](#)

Volunteer Sign Up: <https://www.teamunify.com/team/recmcsltfst/page/events#/team-events/upcoming>

Coaching Staff: Candace Austin and Alex Helberg

A Reps: Katherine Verderese and Mary Lombardo ~ twinfarmstigers@gmail.com

B Reps: Alison Canning and Mandy Harper ~ breptwinfarmstigers@gmail.com

DAY	DATE	TIME	EVENT
Tues	27-May	7:30 PM	Sports Teams Parent Meeting @ Twin Farms
Wed	28-May		Afternoon Practice Begins
Sat	07-Jun	8:00 AM	Time Trials @ Twin Farms
Wed	11-Jun	5:00 PM	B Meet @ Home vs. Norbeck Grove
Sat	14-Jun	8:20 AM	WEEK 1 A Meet @ Diamond Farm
Wed	18-Jun		Morning Practice Begins
Wed	18-Jun	5:00 PM	B Meet @ West Hillandale
Sat	21-Jun	8:20 AM	WEEK 2 A Meet @ Home vs. Flower Hill
Wed	25-Jun	5:00 PM	B Meet @ Home vs. Rock Creek
Sat	28-Jun	8:00 AM	WEEK 3 A Meet @ Home vs. James Creek
Sun	29-Jun	8:00 AM	Relay Carnival @ Hillandale
Sat	05-Jul	8:20 AM	WEEK 4 A Meet @ Fallsmead
Tue	08-Jul	6:00 PM	Coaches Long Course Meet
Wed	09-Jul	5:00 PM	B Meet @ Home vs. Forest Knolls
Sat	12-Jul	8:00 AM	WEEK 5 A Meet (SENIORS MEET) @ Home vs. Hillandale
Wed	16-Jul	5:00 PM	B Meet @ Robin Hood
Sat	19-Jul	7:00 AM	DIVISIONALS @ Flower Hill
Mon	21-Jul	6:00 PM	Sports Banquet
Sat	26-Jul	10:00 AM	Relay All-Stars @ Rockville
Sun	27-Jul	8:00 AM	Individual All-Stars @ Rockville

PRACTICES

Wednesday, May 28 through Tuesday, June 17

Monday – Friday

4:30 - 5:00 pm / Pre-team

5:00 - 6:00 pm / 10yr & Under

6:00 - 7:00 pm / 11yr & Older

Saturday (May 31): 8:00-9:30 am / All age groups

Saturday (June 7): 8:00-11:00 am / **TIME TRIALS**-all age groups

Note: Please bring sneakers to practice. If the weather is too cold, there will be dry land practice.

Wednesday, June 18 through Friday, July 11

Morning Practice (recommended)

Mon-Thurs

7:30 - 9:00 am / 11 yr & Older

9:00 - 10:00 am / 10 yr & Under

Wednesdays: Dry land practice, bring sneakers!

Fridays: 8:30 - 10:00 am / All Swimmers, followed by breakfast. Cost \$1 per person.

Afternoon Practice

Mon, Tues, Thurs

4:30 - 5:00 pm / Pre-team

5:00 - 6:00 pm / 10yr & Under

6:00 - 7:00 pm / 11yr & Older

Fridays: 4:30 - 5:00pm / Pre-team only

Monday, July 14 through Friday, July 18

Morning Practice

Monday, July 14: 8:30 - 10:00 am / ***Fun Meet – everyone!***

Tuesday, July 15: 7:30 - 9:00am / 11 yr & Older

9:00 - 10:00am / 10 yr & Under

Wednesday-Friday: 8:30 - 10:00 am / Divisional & All-Star Swimmers

Afternoon Practice

Mon-Friday: 5:00 - 6:00 pm / All ages Divisional & All-Star Swimmers

Monday, July 21 through Friday, July 25

Morning Practice

Mon-Friday: 9:00 - 10:00 am / All-Star Swimmers