

# Pinewood Porpoises Swim Team

## Summer 2025

### **MARCH**

**REGISTRATION OPENS MARCH 17, 2025**

<https://www.gomotionapp.com/team/recstppla/page/home>

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### **APRIL**

**Registration:**

Sun., April 13 from 3:00-5:00 pm: Suit try-on at Pinewood Country Club

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### **MAY**

**Team Shirt Orders Due:**

Mon., May 12 - Last day to return shirt order form. Email to [woodchristy00@gmail.com](mailto:woodchristy00@gmail.com), drop off at in-person registration, or mail to 328 Autumn Lakes Rd. Slidell, 70461 with cash or check.

**New Swimmer Evaluation:** (@ PWD pool)

During first practice!

**Practice Schedule for May:** (Mon-Thurs only – NO practice on Fridays in May) *School Schedule ends May 24*

Mon, May 12- Practice Starts for All Swimmers

**Blue Group May Practice Time: Monday-Thursday 4:45pm-5:30pm**

**Silver Group May Practice Time: Monday-Thursday 5:30pm-6:15pm**

**Gold Group May Practice Time: Monday-Thursday 6:15pm-7:15pm**

*\*No practice on Memorial Day, Mon, May 26<sup>th</sup> or on the day of the Mini Meet, May 27<sup>th</sup>*

**Orientation Meeting for New Parents:**

Wed, May 21, 5:30-6:30 pm @ PWD on screen porch

**Bonus Practices: (Optional practices)**

Sat, May 17 and Sat., May 24

**Gold Group** 8:00am-9:00am

**Silver Group** 9:00am-10:00am

**Blue Group** 10:00am-10:45am

**\*Note- School Schedule will continue through May 24 !!\***

**Morning Practice Schedule for everyone starts on Wed. May 28!** (Tues-Fri, No practice on meet days)

Beginning on **Wednesday, May 28**

**Gold Group:** Tuesday- Friday 7:30 am -8:45 am

**Silver Group:** Tuesday- Friday 8:45 am-9:45 am

**Blue Group:** Tuesday- Friday 9:45 am-10:30 am

**Evening Practice Schedule starts on Wed., May 28**

Monday, Tuesdays, Wednesdays, Thursdays ONLY – Only for swimmers registered for evening practices  
(Practice times assigned by head coach based on age/ability)

• **Blue Group:** Mondays and Tuesdays 6:00 - 7:00 pm, Wednesdays and Thursdays 6:45 - 7:45 pm

• **Silver & Gold:** Mondays and Tuesdays 7:00 - 8:00 pm, Wednesdays and Thursdays 7:45 - 8:45 pm

**STSL Stroke Judge Clinics:** (various locations)

Class for those interested in becoming stroke and turn judges

Times and Dates TBD

**Meets:**

Tues., May 27 – warm-ups at 3:30 pm; meet starts at 4:00 pm – Mini-Meet @ PWD

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## JUNE

**Practice Schedule for June:** (Tues-Fri, \*No practice on meet days\*)

**Gold Group:** Tuesday- Friday 7:30 am -8:45 am

**Silver Group:** Tuesday- Friday 8:45 am—9:45 am

**Blue Group:** Tuesday- Friday 9:45 am-10:30 am

**Evening Practice Schedule for June:** (\*No practice on meet days\*)

Monday, Tuesdays, Wednesdays, Thursdays ONLY – Only for swimmers registered for evening practices  
(Practice times assigned by head coach based on age/ability)

• **Blue Group:** Mondays and Tuesdays 6:00 - 7:00 pm, Wednesdays and Thursdays 6:45 - 7:45 pm

• **Silver & Gold:** Mondays and Tuesdays 7:00 - 8:00 pm, Wednesdays and Thursdays 7:45 - 8:45 pm

**Fruit Practice:** (@ PWD)

TENTATIVE: Sat. June 7 - **Blue:** 8:45 am -9:30 am; **Silver & Gold:** 9:45 am -10:30 am

**Pictures – Team & Individual (Outdoor):** (@ PWD)

Sat. May 31, swimmers arrive at 9:30 am for team pictures followed by individual pictures; wear your team suit  
Photographer: Jeannie Dimitri

**Meets:**

Mon., June 2 – warm-ups 3:30 pm (tentative) and meet starts at 4:00 pm (tentative) Dual Meet: PWD v. LKS@ LKS

Mon., June 9 – warm-ups 3:00 pm and meet starts at 4:00pm– Dual Meet: PWD v. PIC @ PWD

Mon., June 16 – warm-ups 3:00 pm and meet starts at 4:00 pm– Dual Meet: PWD v. CG@ PWD

Sat., June 21 – warm-ups 7:50 am – 8:10 am and meet start 9:00 am– STSL “B” Meet @ LKS (*One Session for All Ages*)

Sat., June 28 - warm-ups 7:50 am – 8:10 am and meet start 9:00 am- STSL “A” Meet @ Picayune (*One Session for All Ages*)

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## JULY

**Practice Schedule for July:** (Tues-Fri, No practice on meet days; No practice Fri, July 4; \*LAST practice July 10\*)

**Gold Group:** Tuesday- Friday 7:30 am -8:45 am

**Silver Group:** Tuesday- Friday 8:45 am—9:45 am

**Blue Group:** Tuesday- Friday 9:45 am-10:30 am

**Evening Practice Schedule for July:** (\*LAST practice July 10\*)

Monday, Tuesdays, Wednesdays, Thursdays ONLY – Only for swimmers registered for evening practices  
(Practice times assigned by head coach based on age/ability)

• **Blue Group:** Mondays and Tuesdays 6:00 - 7:00 pm, Wednesdays and Thursdays 6:45 - 7:45 pm

• **Silver & Gold:** Mondays and Tuesdays 7:00 - 8:00 pm, Wednesdays and Thursdays 7:45 - 8:45 pm

**Meets:**

Fri, July 11 – City Championship Meet: @ Cross Gates Military (*ages 11 and up*) warm-ups- 3:20 pm; meet starts at 4:00 pm

Sat, July 12 – City Championship Meet: @ Cross Gates Military (*ages 10 and under*) warm-ups- 3:20 pm; meet starts at 4:00 pm

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## AUGUST

**Awards Party:** (@ PWD) – Swimmers and Family Members Welcome!

Sun, Aug. 3 @ 1:30 pm