



STSA Swim Team News

Swim Team Training Schedule – March 2024 – July 2024

- Bronze/Silver: Monday – Friday @3:45pm – 4:45pm
- Gold: Monday – Friday @4pm – 6pm, Saturday @8am-10am

STSA Summer Pool Closure

- August 1st-24th, 2024: STSA will be closed for major renovations. There will be no swim team practice or learn-to-swim lessons during this time.

STSA Swim Team Registration 2024-2025 Swim Year

- September 3rd, 2024: Swim team training days and times will remain the same. Registration information will be sent out during the summer.

Upcoming Swim Meets

- **March 2024 – CARFITA**
STSA National Team will compete at the Caribbean Championship, CARIFTA, in the Bahamas where 24 Countries will participate.
- **April 20th, 2024 – STSA Swim Meet @ St. Croix Dolphins Pool**
STSA will travel to St. Croix for a one-day swim meet. All STSA swimmers are eligible to attend. This is a great opportunity to race in a 50m pool before the VISF Championships in May. The team would travel to St. Croix Saturday morning and return to St. Thomas in the afternoon. The meet is scheduled to start at 10am and finish by 2pm. Swimmers participating must arrive at the St. Croix Dolphins pool by 10am.
- **May 18th-19th, 2024: VISF Championships @ St. Croix Dolphins Pool**
STSA will travel to St. Croix for this weekend meet. STSA would like all swimmers from all groups to go to this swim meet. All swim team swimmers are eligible to participate. STSA has 45 swimmers, and we would like to see all 45 swimmers travel to St. Croix for this Championship meet. The meet is for all age groups and all abilities. It's always been a great meet with lots of fun and great team spirit. STSA will send out details for team travel, hotel, and the meet.
- **May 26th, 2024 – Beach to Beach Power Swim @ St. John**
The Beach-to-Beach Open Water Event will take place on St. John. Swimmers can choose 1-, 2-, or 3-mile ocean swims or 3 swimmer team relays. Check the

event website, <https://friendsvinp.org/power-swim/> for registration. Awards are given for all age groups. STSA swimmers always bring home lots of awards. You can take the 6am ferry to St. John on event day and return to St. Thomas on the ferry after 1pm. See Coach John and Coach Susie for any questions.

- **June 8th, 2024 – STSA Swim Meet @ STSA Pool**
STSA will be hosting a swim meet. It will be for all age groups and abilities. The meet will be in the morning and will offer all events for all age groups.
- **June 16th-22nd, 2024 - CCCAN**
STSA National Team will be traveling to Mexico for the Central American and Caribbean Championship (CCCAN).
- **July 28th-August 2nd, 2024 – Olympic Games 2024**
STSA's own Max Wilson will be representing the USVI Olympic Team.

Please feel free to reach out to Coach John and Coach Susie for any questions.