



## MAY

- Sun., May 11 - New swimmer assessments 5:15-6:00 PM at SwimRVA following the last Clinic
- Tues., May 13 - Weekday Afternoon Practices Begin, Gelati Celesti Bon Air Fundraiser
- Fri., May 23 - Deadline to register to participate in the first meet (Don't forget the JRAC waiver!)
- Fri., May 23 - No practice
- Mon., May 26, Memorial Day - No practice
- Fri., May 30 - Last day for early registration (\$5 discount)
- Sat., May 31 - Saturday morning practices begin
- Sat., May 31, 11 am - Mini Meet - Practice meet for all new swimmers

## JUNE

- Mon., June 2, **Meet #1 (SRA @ KRA)**
- Tue., June 3 - Afternoon practice times change, first all-Mite lawn party at 3:15!!
- Mon., June 9, **Meet #2 (West @ SRA)**
- Mon., June 16, **Meet #3 (CCV @ SRA)**
- Wed., June 18, 6:00 PM - Lip Sync (prepare NOW!)
- Thurs., June 19, NO PRACTICE (Juneteenth)
- Mon., June 23, **Meet #4 (SRA @ ARA)**
- Mon., June 23 - Fri., June 27- Coaches Appreciation Week
- Wed., June 25 - Water Country!
- Mon., June 30, **Meet #5 (KRA @ SRA)**

## JULY

- Sat., July 5 - Float Practice!!
- Mon., July 7 - Pancake Breakfast; **Meet #6 (SRA @ Herm)**
- Tue., July 8 - Last 8 & Under party; last practice for first-year 8 & Unders
- Thurs., July 10 - Championship Meet entries posted
- Sat., July 12 – Swim-A-Thon to benefit Comfort Zone Camp
- Mon., July 14 - No afternoon practice - 10 & under Movie - 13 & up Pasta Dinner
- Tue., July 15 - 11/12 Top Golf (early afternoon) - 5:00 pm - Championship Pep Rally
- Wed., July 16 - **JRAC Swim Champs** @ SwimRVA (Collegiate School Aquatic Center)
- Thurs., July 17 - Jason's Deli Post Champs Dinner for all swimmers and families
- Fri., July 18, 6:00 pm - Awards Program for all swimmers and families. Dance party follows  
(Rain Date Sat., July 19, 2pm)

SOUTHAMPTON SWORDFISH

# 2025 CALENDAR & PRACTICE SCHEDULE



## SATURDAY MORNING PRACTICES (BEGINNING 5/31)

- 8 & Unders: 9:00 – 10:00 AM
- 9-12 year-olds: 10:00 – 11:00 AM
- 13 & Up: 11:00 AM – 12:00 PM

## MORNING PRACTICES MON, WED-FRI (BEGINNING 6/4):

- 9-12 year-olds: 8:45-9:45 am
- 8 & Unders (Mites Only): 9:45-10:30 am
- 13 & Up: 10:30-11:30 am

## AFTERNOON PRACTICES TUES-FRI (BEGINNING 6/3):

- 8 & Unders (Mites Only): 3:15-4:00 pm
- 9-12 year-olds: 4:00-5:00 pm
- 13 & Up: 5:00-6:00 pm

## \*\*Mini Mites (BEGINNING 6/3)

### Mini-Mite Practice (June 3rd-June 7th)

Monday, June 2nd - NO Morning Practice - Meet Day at Kanawha  
Tuesday, June 3rd - Mite Party 3:15 - 4:00 ALL Mites  
Wednesday, June 4th - Mini-Mites 11:30 AM-12:15 PM  
Thursday, June 5th - Mini-Mites 11:30 AM-12:15 PM  
Friday, June 6th - Mini-Mites 11:30 AM-12:15 PM  
Saturday, June 7th - ALL Mites (Big Buddy Announcement ) 9 AM - 10 AM

### Mini-Mite Practices (June 9th - July 8th)

Monday 10:00 - 10:30 All-Mites (Buddy Practice where we match up older and younger kids)  
Tuesday 3:15-4:00 Mite Party (ALL Mites)  
Wednesday - Mini-Mites 11:30 AM-12:15 PM  
Thursday - Mini-Mites 11:30 AM-12:15 PM  
Friday - Mini-Mites 11:30 AM-12:15 PM  
Saturday - Mini -Mites are welcome to come to practice (this is a change) from 9:00-9:40

**\*fun Mini-Mite/Mite practice on Tuesday's following meets will be open to ALL MITES and conclude with the famous ALL-MITE**

### **LAWN PARTY!!**

**\*\*Practice times are subject to change depending on group sizes. Coach Mike will communicate if there is an opportunity for double practices. No practices Tuesday morning following Monday meets**

