

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>B Meets</b>-B meets are <b>unscored, developmental meets</b> that offer swimmers opportunities to swim competitive races and improve times. Swimmers are expected to race all four competitive strokes in B meets unless given permission from coaches to skip a stroke. B meets do not include relay races. <b>Coach Cindy does not have to be notified if you are unable to attend a B meet.</b></p> <p><b>A Meets</b>-A meets are <b>scored meets that include relays and require coaches to submit a line-up in advance. ALL swimmers on the QVST roster who are ready to swim the distance of their age group's races without assistance are expected at A meets</b> and will be in the line-up to swim at least one race <b>unless a parent/guardian notifies Coach Cindy that the swimmer is unable to attend the meet.</b> Please text or email Coach Cindy of any absences as early in the season as possible and by at least the end of practice the Tuesday before the meet if you are unable to attend an A meet. Thanks!</p> <p><b>Coach Cindy, 803-422-7107</b> <b>cindysommers4@gmail.com</b></p>	<p><b>Little Quails</b> is a pre-swim team program for swimmers 3-5 years old working on water adjustment and beginner swimmer skills. The Columbia Swim League does not allow 3 year olds to participate in the meets so all 3 year olds will participate with Little Quails. Four and 5 year olds will be screened on Monday, May 7<sup>th</sup> to determine if they should participate with the 6 and under swim team practice or begin with the Little Quails pre-swim team program on Monday, May 11<sup>th</sup> at 10:00 am. Four and 5 year old swimmers comfortable putting their faces in the water for 5 or more seconds, blowing bubbles and performing front and back floats will be placed in the 6 and under swim team practice. <b>Little Quails DO NOT participate in swim meets</b> but 4 and 5 year old Little Quails may be moved up to the 6 and under practice if their progress warrents. <b>6 and unders DO participate in swim meets.</b></p>					
	<p><b>7</b> <span style="color: red;">First day of swim practice- Screening to determine if 4 and 5 year olds should be in Little Quails or 6 and under practice</span> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>8</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>9</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>10</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>11</b> NO PRACTICE</p>	<p><b>Quail Valley Swim &amp; Racquet Club</b> 254 Hunters Blind Dr, Columbia, SC 29212</p> <p><b>Notes:</b> <b>First Practice, Screening Day-</b> Swimmers will be screened to determine which group best fits their developmental and skill level. Groups are flexible throughout the season. Swimmers may move to different groups as skill levels change. Swimmers between 3 &amp; 5 will be screened to determine whether the 6 &amp; under practice or the Little Quails program is best for them.</p>
	<p><b>14</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>15</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>16</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>17</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>18</b> NO PRACTICE</p>	
	<p><b>21</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>22</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>23</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>24</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>25</b> NO PRACTICE</p>	
	<p><b>28</b> Memorial Day NO PRACTICE</p>	<p><b>29</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>30</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>31</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p>NO PRACTICE</p>	

## June 2018 Quail Valley Swim Team Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: red;">Please come to meets even during inclement weather. Summer storms move through quickly and the Columbia Swim League does not allow meets to be canceled until 6:45 pm.</p>	<p>Little Quails is a program for swimmers age 3-5 years working on water adjustment and beginner swimmer skills. Little Quails do not participate in swim meets.</p>	<p>Coach Cindy contacts: 803-422-7107 cindysommers4@gmail.com</p>	<p><b>31</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>1</b> NO PRACTICE</p>
<p><b>4</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>5</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>6</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</p>	<p><b>7</b> 4:30-5:15 pm 10 years and younger PARENT MEETING w/Coach Cindy in the pavillian 5:15-6:15 pm practice for 11-18 years PARENT MEETING w/Coach Cindy in the pavillian</p>	<p><b>8</b> NO PRACTICE</p>
<p><b>11</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years First day of Little Quails* practice All participating swimmers please arrive at 10:00. Groups 1 and 2 will be determined during this lesson. For the rest of the program group 1 will meet at 10:00 &amp; Group 2 will meet at 10:30 am.  <i>B meet @ Maxy Gregg (1651 Park Cir, Columbia, SC 29201)</i> Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm</p>	<p><b>12</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am  <i>Please notify Coach Cindy by the end of practice today if you can't attend Thursday, 6/14 A meet vs MW!</i></p>	<p><b>13</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p>	<p><b>14</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am  <i>A meet at HOME vs Murraywood</i> Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm  Team Pictures 4:00 pm</p>	<p><b>15</b> Fun Friday</p>
<p><b>18</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am  <i>B meet HOME vs Timberlake Country Club</i>-Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>19</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am  <i>Please notify Coach Cindy by the end of practice today if you can't attend Thursday's A meet @ Country Club of Lexington!</i></p>	<p><b>20</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p>	<p><b>21</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am  <i>A meet @ Country Club of Lexington (1066 Barr Rd, Lexington, SC 29072)</i>- Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm <i>Please notify Coach Cindy by the end of the meet tonight if you can't attend Monday's A meet vs Golden Hills</i></p>	<p><b>22</b> Fun Friday 9:00-10:00 am 4-10 years 10:00-10:20 Team Snack 10:20-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p>
<p><b>25</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years First day of Little Quails* practice, Group 1-10:00-10:30 am Group 2-10:30-11:00 am  <i>A meet HOME vs Golden Hill</i>-Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>26</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years First day of Little Quails* practice, Group 1-10:00-10:30 am Group 2-10:30-11:00 am  <i>Please notify Coach Cindy by the end of practice today if you can't attend Thursday's A meet against Northwest YMCA!</i></p>	<p><b>27</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years First day of Little Quails* practice, Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p>	<p><b>28</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years First day of Little Quails* practice, Group 1-10:00-10:30 am Group 2-10:30-11:00 am  <i>A meet HOME vs Northwest YMCA</i>- Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>29</b> Fun Friday 9:00-10:00 am 4-10 years 10:00-10:20 Team Snack 10:20-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p>

# July 2018 Quail Valley Swim Team Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>1</b></p>	<p><b>2</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p> <p><i>B meet @ Edenwood (300 South Eden Dr, Cayce, SC 29033)</i> Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm</p>	<p><b>3</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p> <p><i>Please notify Coach Cindy by the end of practice today if you can't attend Thursday's A meet vs Topspin!</i></p>	<p><b>4</b></p> <p style="text-align: center;"><b>Independence Day</b> NO PRACTICE</p>	<p><b>5</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p> <p><i>A meet @ Topspin (5347 Sunset Blvd, Lexington, SC 29072)</i> -Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm</p>	<p><b>6 Fun Friday</b> 9:00-10:00 am 4-10 years 10:00-10:20 Team Snack 10:20-11:00 am 11-18 years Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p> <p><i>Last day for Little Quails practice</i></p>	<p><b>7</b></p>
<p><b>8</b></p>	<p><b>9</b> 9:00-10:00 am 10 years and younger 10:00-11:00 am 11-18 years</p> <p><i>B meet HOME vs Governor's Grant</i>-Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>10</b> 9:00-10:00 am 10 years and younger 10:00-11:00 am 11-18 years</p>	<p><b>11</b> 9:00-10:00 am 10 years and younger 10:00-11:00 am 11-18 years</p>	<p><b>12</b> 9:00-10:00 am 10 years and younger 10:00-11:00 am 11-18 years</p>	<p><b>13</b> 9:00-11:00 am <b>Fun Friday &amp; Breakfast of Champions</b>  9:45-10:30 am Breakfast Served</p>	<p><b>14</b> City Championships at Solomon Blatt PE Center @ USC 8:00-12:00 am (tentative), swimmers 8 years and younger 2:00-6:00 pm (tentative), swimmers 11 &amp; 12 years old</p>
<p><b>15</b> City Championships at Solomon Blatt PE Center @ USC  8:00-12:00 am (tentative) swimmers 9 &amp; 10 years old  2:00-6:00 pm (tentative), swimmers 13 through 18 years old</p>	<p><b>16</b> 6:00-10:00 pm Quail Valley Swim Team Banquet at Quail Valley Swim &amp; Racquet Club</p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>

Coach Cindy contacts: 803-422-7107  
Cindysommers4@gmail.com