

## May 2019 Quail Valley Swim Team Calendar

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 Alec 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 and will be in the line-up to swim at least one race unless a parent/guardian notifies Coach Alec that the swimmer is unable to attend the meet.</b> Please text or email Coach Alec 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 Alec, 803-931-2429</b> <b>Rutkowski.alec@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 6<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, June 10<sup>th</sup> at 10:00 am. <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 warrants. Four through 6 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. Tuesday, May 7<sup>th</sup> is the first full practice for swimmers age 8 and under. <b>Per the Columbia City League guidelines, swimmers must be able to swim the distance of their age group races without assistance (8 and younger a length of the pool, 9 and older two lengths of the pool).</b></p>						
	<p><b>6</b> 4:30-5:15 pm <b>Screening Day for 4-8 year olds (See notes to the right)</b> <b>1<sup>st</sup> practice for 9s &amp; 10s</b> 5:15-6:15 pm <b>1<sup>st</sup> practice for 11-18 year olds</b></p>	<p><b>7</b> 4:30-5:15 pm <b>1<sup>st</sup> practice for 4-8 year olds</b> 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> NO PRACTICE</p>	<p><b>Notes:</b> <b>Monday May 6<sup>th</sup>, Screening Day for swimmers 4-8 years old-</b> Screening will determine if 4 and 5 year olds should be in Little Quails or the 6 and under practice and will determine the best group to meet current developmental needs for 5 - 8 year olds on swim team. Groups are flexible throughout the season. Swimmers may move to different groups as skill levels change. First day of practice for 8 and unders on the swim team will be Tuesday, May 7<sup>th</sup>. First day of lessons for 3-5 year olds participating on Little Quails is Monday, June 10 at 10:00 a.m.</p>	
	<p><b>13</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</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> NO PRACTICE</p>		
	<p><b>20</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</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> NO PRACTICE</p>		
	<p><b>27</b> Memorial Day NO PRACTICE</p>	<p><b>28</b> 4:30-5:15 pm 10 years and younger 5:15-6:15 pm 11-18 years</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 &amp; under practice <b>*Parent Meeting in Pavillion 4:40-5:15pm</b> 5:15-6:15 pm 11-18 practice <b>*Parent Meeting in Pavillion</b></p>	<p>NO PRACTICE <b>*Both parent meetings will provide the same information. Please attend the meeting that is most convenient for you.</b></p>		

## June 2019 Quail Valley Swim Team Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please come to A 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>Please contact Coach Alec at 803-931-2429  <a href="mailto:Rutkowski.alec@gmail.com">Rutkowski.alec@gmail.com</a>                      With any swim meet questions</p>	<p><b>May 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>3</b> 4:30-5:15 pm                      10 years and younger                      5:15-6:15 pm                      11-18 years</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>                      NO PRACTICE</p>
<p><b>10</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/Time Trials</i>  <i>HOME vs Topspin</i>-Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>11</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 Alec by the end of practice today if you can't attend Thursday's A meet.</i></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</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   <i>A meet HOME vs Murraywood</i>                      Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>14</b> Fun Friday-Team Pictures-Please wear team suit                      9:15-10:00 individual/family/buddy shots                      10:00-10:15 Team Picture                      10:15-10:45 individual/family/buddy                       Due to team pictures both groups of Little Quails practice from 10:30-11:00 today</p>
<p><b>17</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 @ Edenwood</i>                      (300 North Eden Drive, Cayce, 29033)                      Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm</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>Please notify Coach Alec by the end of practice today if you can't attend Thursday's A meet!</i></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</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   <i>A Meet @ NW YMCA</i> (1501 Kennerly Rd, Irmo, 29063) Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>21</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>24</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 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>25</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 Alec by the end of practice today if you can't attend Thursday's A meet!</i></p>	<p><b>26</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>27</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 HOME vs Quail Hollow</i>                      Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>28</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 2019 Quail Valley Swim Team Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please come to A 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><b>1</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 @ Country Club of Lexington</i> (1066 Barr Rd, Lexington, 29072) Please be <b>on deck</b> by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</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><b>3</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Last day for Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p>	<p><b>4</b> <b>Independence Day NO PRACTICE</b></p>	<p><b>5</b> <b>Independence Day Holiday NO PRACTICE</b></p>	
	<p><b>8</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Last day for Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p> <p><i>B Meet @ Golden Hills</i> (100 Scotland Dr, Lexington, 29072) Please be <b>on deck</b> by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p><b>9</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years Last day for Little Quails practice Group 1-10:00-10:30 am Group 2-10:30-11:00 am</p>	<p><b>10</b> 9:00-10:00 am 4-10 years 10:00-11:00 am 11-18 years <b>Last day for Little Quails</b> Group 1-10:00-10:30 am Group 2-10:30-11:00 am</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> <b>Fun Friday 9-11 a.m. Breakfast of Champions Breakfast Served 9:45-10:30 am</b></p>	<p><b>13</b> <b>City Championships at Solomon Blatt PE Center @ USC</b> 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>14</b> <b>City Championships at Solomon Blatt PE Center @ USC</b>  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>15</b>  6:00-10:00 pm <b>Quail Valley Swim Team Banquet at Quail Valley Swim &amp; Racquet Club</b></p>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>