

Quail Valley Swim 2022 Calendar

Sign up for the team at <http://www.quail-valley.org/swim-team/>

B Meets-B meets are **unscored, developmental meets** 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. **Coach Alec does not have to be notified if you are unable to attend a B meet.**

A Meets-A meets are **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.** 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!

Coach Alec, 803-931-2429

Rutkowski.alec@gmail.com

Monday, May 9th, Screening Day for swimmers 4-8 years old

Screening will determine the best group to meet current developmental needs for 5 - 8 year olds on the swim team. Swimmers should come ready to get in the water. 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 9th.

Monday	Tuesday	Wednesday	Thursday	Friday
May 9 4:30-5:00 pm Screening for 8 and younger 5:00-5:45 pm 1st practice for 9 and 10s 5:45-6:45 pm 1st practice for 11 and older	May 10 4:30-5:00 pm 1st practice for 8 and younger 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice	May 11 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice	May 12 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice	May 13 No Practice
May 16, 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice *Parent Meeting in Pavillion 4:40-5:10pm 5:45-6:45 pm 11 and older practice *Parent Meeting in Pavillion 6:00-6:30 pm *Both parent meetings will provide the same information. Please attend the meeting that is most convenient for you.	May 17 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice	May 18 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice	May 19 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice	May 20 No Practice

<p>May 23 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice</p>	<p>May 24 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice</p>	<p>May 25 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice</p>	<p>May 26 Time Trials Swimmers of all age groups should be on deck by 4:45 pm</p>	<p>May 27 No Practice</p>
<p>May 30 No Practice Memorial Day Holiday</p>	<p>May 31 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice</p>	<p>June 1 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice</p>	<p>June 2 4:30-5:00 pm 8 and younger practice 5:00-5:45 pm 9 and 10s practice 5:45-6:45 pm 11 and older practice</p> <p>A Meet Home vs Topspin Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p>June 3 No Practice</p>
<p>June 6 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p> <p>B Meet Away @ Edenwood</p> <p>Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm</p>	<p>June 7 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>June 8 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>June 9 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p> <p>A Meet Away @ Murraywood</p> <p>Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm</p>	<p>June 10 Fun Friday</p> <p>8:30-9:30 am 8 and younger 9:30-10:30 am 9 and 10s 10:30-11:30 am 11 and older</p>

<p>June 13 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p> <p><i>B Meet Away @ Governor's Grant</i></p> <p>Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm</p>	<p>June 14 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>June 15 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>June 16 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p> <p><i>A Meet Home vs Country Club of Lexington</i></p> <p>Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p>June 17</p> <p><i>Fun Friday</i></p> <p>8:30-9:30 am 8 and younger 9:30-10:30 am 9 and 10s 10:30-11:30 am 11 and older</p>
<p>June 20 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p> <p><i>B Meet Home vs Golden Hill</i></p> <p>Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p>June 21 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>June 22 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>June 23 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p> <p><i>A Meet Home vs Columbia Country Club</i></p> <p>Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p>June 24</p> <p><i>Fun Friday</i></p> <p>8:30-9:30 am 8 and younger 9:30-10:30 am 9 and 10s 10:30-11:30 am 11 and older</p>

<p>June 27 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p> <p><i>B Meet Away @ Timberlake</i></p> <p>Please be on deck by 5:15 pm. Warm-ups 5:30 pm, Meet start 6:00 pm</p>	<p>June 28 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>June 29 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>June 30 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p> <p><i>A Meet Home vs Quail Hollow</i></p> <p>Please be on deck by 4:45 pm. Warm-ups 5:00 pm, Meet start 6:00 pm</p>	<p>July 1</p> <p><i>Fun Friday</i></p> <p>8:30-9:30 am 8 and younger 9:30-10:30 am 9 and 10s 10:30-11:30 am 11 and older</p>
<p>July 4</p> <p><i>No Practice Independence Day</i></p>	<p>July 5 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>July 6 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>July 7 8:30-9:30 am 8 and younger practice (6 and under 8:30-9:15 am) 9:30-10:30 am 9 and 10s practice 10:30-11:30 am 11 and older practice</p>	<p>July 8</p> <p><i>Fun Friday</i></p> <p>8:30-9:30 am 8 and younger 9:30-10:30 am 9 and 10s 10:30-11:30 am 11 and older</p>
<p><i>Saturday July 9</i> City Championship Meet Solomon Blatt PE Center @ USC</p> <p>8:00-12:00 am (tentative), swimmers 8 years and younger 2:00-6:00 pm (tentative), swimmers 11 & 12 years old</p>	<p><i>Sunday July 10</i> City Championship Meet Solomon Blatt PE Center @ USC</p> <p>8:00-12:00 am (tentative) swimmers 9 & 10 years old 2:00-6:00 pm (tentative), swimmers 13 through 18 years old</p>	<p><i>Monday July 11th</i> 2022 QY Swim Team Banquet</p> <p>6:00 pm Quail Valley Swim & Racquet Club</p>	<p>The City Championship Meet is like a B meet. Swimmers (with the guidance of group coaches) may choose the strokes they want to swim and will be set up in heats with other swimmers with similar times. Also the meet includes relays and there is no limit to the number of relays each team may enter so most swimmers have the opportunity to swim at least one relay in the meet. Swimmers often have their very best swims of the season in the exciting Championship environment. Quails of all swimming levels are needed at the City Championship Meet.</p>	