## Pound Ridge Swim & Dive Team Practice Schedule 2024

## Tryouts for **NEW** Swimmers/Divers Saturday June 8th (Rain Date June 9th) 10:00 AM - 12:00 PM

Swimmers will be brought down to Camp after practice ends. Divers will be picked up from Camp and brought to Dive Practice.

June 10	June 11	June 12	June 13	June 14	June 15	June 16
First Day of Practice						
10 & Unders/Pre-Team 4:00-4:45 PM						
11 & Overs 4:45 - 6:00						
Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00		
June 17	June 18	June 19	June 20	June 21	June 22	June 23
10 & Unders/Pre-Team 4:00-4:45 PM 11 & Overs 4:45 - 6:00	Tentative Car Wash 10:00-2:00 Pound Ridge					
Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00	Fire House	
June 24	June 25	June 26	June 27	June 28	June 29	June 30
10 & Unders/Pre-Team 4:00-4:45 PM						
11 & Overs 4:45 - 6:00						
Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00	Diving 6:00-7:00		

July 1	July 2	July 3	July 4	July 5	July 6	July 7
First day of Camp!						
11 & Overs 7:30-8:30						
10 & Unders/Pre-Team 8:30-9:15						
Diving 3:15-4:15 PM						
July 8	July 9	July 10	July 11	July 12	July 13	July 14
11 & Overs 7:30-8:30	outy 10	outy 14				
10 & Unders/Pre-Team 8:30-9:15						
Diving 3:15-4:15 PM						
July 15	July 16	July 17	July 18	July 19	July 20	July 21
11 & Overs 7:30-8:30	Tentative Swim A Thon					
10 & Unders/Pre-Team 8:30-9:15	Raising money for NEW BLOCKS!					
Diving 3:15-4:15 PM						
July 22	July 23	July 24	July 25	July 26	July 27	July 28
11 & Overs 7:30-8:30						
10 & Unders/Pre-Team 8:30-9:15						
Diving 3:15-4:15 PM						

July 29	July 30	July 31	Aug 1	Aug 2	Aug 3	Aug 4
11 & Overs 7:30-8:30	11 & Overs 7:30-8:30	Diving Championships	Diving All Stars 11 & Overs	Champs Swimmers ONLY	Swimming Champs	Swimming All Stars
10 & Unders/Pre-Team 8:30-9:15 Diving 3:15-4:15 PM	10 & Unders/Pre-Team 8:30-9:15 Diving 3:15-4:15 PM	11 & Overs 7:30-8:30 10 & Unders/Pre-Team 8:30-9:15 Diving 3:15-4:15 PM	7:30-8:30  10 & Unders/Pre-Team 8:30-9:15  Diving 3:15-4:15 PM	8:00-9:00 AM		