

Begins
JUNE 11



Suburban League (Summer 2018)

(White/Blue/Regional Groups)

Cost \$350, 4 weeks 200, 2 weeks \$125

3 Practices a week (2 swim practices, 1 meet) – Typical Week

- Tuesday, Wednesday, Thursday – Practice 6:00 pm – 7:30 pm
 - **First Practice June 11, Tuesday**
- Thursday Meets
 - Thursday – 6/21 Schenectady JCC – AWAY [w/u 5:30, Start 6:00]
 - Thursday - 6/28 Mohonasen HS – AWAY [w/u 5:30, Start 6:00]
 - Thursday- 7/5 Jelly Fish and Knolls– Location Emma [w/u 5:30, start 6]
 - Thursday - 7/12 Niskayuna – Location Emma [w/u 5:30, Start 6:00]
 - Thursday - 7/19 GUY and DBY - Location Emma [w/u 5:30, start 6]
 - Thursday – 7/26 Glen Hills – AWAY [w/u 5:30, Start 6:00]
- Championship Meet @ Shen Middle School (Clifton Park)
 - Friday 8/3 IMS, 200 Frees - POSITIVE CHECK IN (Tentative Time 330)
 - Saturday 8/4 – All other events (w/u 645-845, start 9 – end 330/4) Coaches Race to follow end of Meet.
- Note all Suburban League Swimmers must be USA Registered and may require additional fees.
 - Questions contact headcoach@unclesamswimteam.com
 - STARTS JUNE 11th - ENDS August 4th.
 - Practices and Meets subject to change.

Red Group – 8 and under Swimmers. Will swim Suburban Meets Program above.
Practice time 6 -7, Tuesday, Wednesday and Thursday. Dedicated coach.
Cost \$250.

Suburban Plus (White/Blue/Regional Groups)

Cost: \$TBA

AM Practice Monday, Tuesday, Thursday and Friday. (No Wednesday)

•6:30 am – 8:30 am, Location TBA (We have used RPI and Emma in the past.)

•Practice Begins June 25 and Ends August 11. LC – Champs July 20-22 in Colgate.!!!USA MEET!!! Additional Fees for Coaches and travel per swimmer in attendance.

All payments must be made to “Uncle Sam Swim Team”.