**MRA summer 2023 Initial week of tryouts and practice groupings**

* Practice times are for the first week only to facilitate tryouts and will be adjusted.
* Practice groupings by age are a start and will be adjusted according to ability as well as age.

**Tryouts for ALL new swimmers 13 and under.**

**First week: May 30 - June 2 -** *This schedule is ONLY for our first week!*

* 5-6 year olds must be able to complete a lap of freestyle in the main pool without stopping.
* 7 and older must be able to complete a lap of free and a lap of back without stopping.
* There is a strong possibility that after seeing your child swim during the first tryout session that you will be immediately placed into a grouping and will be invited to join that regularly scheduled session that day – if you choose to. (For example if your 8 year old daughter tries out on Tuesday and looks strong, then she can stick around for the 4-4:30 7-8 year old practice that same day.)
* We scheduled 2 tryout sessions largely for those that might struggle the first day.
* If your child can not complete the above consistently over these two days of tryouts they can tryout again every Friday during the month of June. Please contact me in advance to set up a time.

Tryout time slots for Tuesday May 30 and Thursday June 1

* 7-8 year olds 3:30-3:40
* 5-6 year olds: 3:45 – 3:55

Tryouts time slots for Wednesday May 31 and Friday June 2

* 11-13 year olds: 3:30-3:40
* 9-10 year olds: 3:45-3:55

**Afternoon Practice Schedule for returning swimmers May 3 – June 2**

**(And any NEW swimmer who does well at tryouts – may stick around for your age’s practice session)!**

**(***This schedule is ONLY for our first week!)*

Tuesday May 30 and Thursday June 1

* 6 year old girls in diving well from 4:00 – 4:30
* 7-8 year old girls in main pool: 4:00 – 4:30
* 9-10 year old girls in main pool: 4:35 – 5:25
* 12 year old girls and ALL 13-18 year olds: 5:30 – 6:45

Wednesday May 31 and Friday June 2

* 6 year old boys in diving well from 4:00 – 4:30
* 7–8 year old boys in main pool 4:00 – 4:30
* 9-10 year old boys in main pool: 4:35 – 5:25
* 11 year old girls and 11-12 boys: 5:30 – 6:30

The next two weeks of **afternoon practices** from Monday June 5 – Friday June 19 **MIGHT** look like this…

**(Starting on Monday June 5th - Everyone can practice 5 days a week!!)**

**Trial groupings and practice times for weeks of June 5 – June 19th:**

Most 11-12’s, 13-14s, 15-18s: 5:45-7pm

Most 9-10’s, some 11-12s: 5:00 - 5:45pm

Most 7-8’s, some 9-10s: 4:30 – 5:00 pm

A mix of 7-10 year olds: 4:00 – 4:30 pm

6u boys: A-O – 4:00 – 4:30

6u boys: P – Z – 4:30 – 5:00

6u girls: 5:00 – 5:30

***As the week progresses we will be asking some of your children to move time slots according to their ability. Please be willing to adjust, as our goal is to have each child practicing with a group that is best for their positive growth in this competitive sport.***

***If you know your child is not among the stronger swimmers in their age group, please bring them to the younger age group sessions.  For example - you have a new 9 year old, who need to work on breathing in freestyle, please start by bringing them to the 7-8 year old practice.  If they are really struggling to breathe in free or have difficulty with back, please bring them to the Mix of 7-10 year old practice that starts at 4:00!!  This would be very helpful.***

If this goes well, we will keep the above groupings intact when we move to mornings so that all swimmers can practice 5 days a week.
**Morning practices starting June 22 MAY look like this:**

Most 11-12’s, 13-14s, 15-18s: 6:45 am – 8:15 am

Most 9-10’s, some 11-12s: 8:15 am – 9:00 am

Most 7-8’s, some 9-10s: 9:00 am – 9:30 am

A mix of 7-10 year olds: 9:30 am – 10:00 am

If ability allows, we may be able to lengthen each of the above groups end time and blend the last group in with the next to last group…

**6 and unders** will practice in the diving well with Coach Abaigh and her all-star coaching staff!

The below may be adjusted based on each year’s unique realities:

6u boys: A-O – 8:00 – 8:30 am

6u boys: P – Z – 8:30 – 9:00 am

6u girls: 9:00 – 9:30 am