**GLENRIDGE GATORS 2023 SCHEDULE**

**Practice Schedule**

Gators Swim Camp

(During this period, swimmers will be evaluated for age group requirements and will be offered refunds up to June 8th if they cannot meet the requirements or decide against participation)

May 30, 31, June 1, 6, 7 and 8th

6 years and under: 5pm-5:30pm

7 years and up: 5:30p-6:30pm

\*\*MOCK MEET WILL HAVE TO BE MONDAY JUNE 5TH AT 5:30

Regular Season Practice (beginning June 12th)

Morning practice:

Monday-Friday

10am- 11am- ages 7 and up

10:30am-11:00am- ages 6 and under

\*No morning practice on days we have swim meets

Afternoon practice:

Monday-Thursday

5pm-5:30pm- ages 6 and under

5:30pm-6:30pm- ages 7 and up

\*No afternoon practice on Fridays

**Meet Schedule**

Tuesday, June 13th: Glenridge vs. Yadkin Stingrays **HOME**

Friday, June 23rd: Robin Jacobs City Meet @ Bolton Pool

Tuesday, June 27th: Glenridge vs. Kernersville RipTyde @ Kernersville

Tuesday, July 11th: Glenridge Gators vs. Foothills Stingrays **HOME**

Tuesday, July 18th: Glenridge Gators vs. ACC Tritans @ ACC

Saturday, July 22nd: League Championship @ Kernersville YMCA

**Party Schedule**

Sunday, May 7th, 2p-4pm. Swim Team Registration Meet and Greet Glenridge Picnic Shelters

(register for season, see friends, ask questions)

Friday, July 21st, 10am-11am Green Pancake Party at Glenridge Picnic Shelters

(celebrate last practice of season)

Monday, July 24th, 5:30pm-7:30pm End of Season Party, Pool and Picnic Shelters

**AGE GROUP REQUIREMENTS**

\*\*a swimmer’s age shall be determined by his/her age as of June 1 of 2023

(example – Suzie turns 11 on June 2nd , she shall swim in the 9-10 age

group for the entire season)\*\*

6yrs and under swimmers:  Swimmers in this age group must be able to

swim at least one length of the pool unassisted. Swimmer may stop and rest on the lane rope but cannot use the rope to pull themselves forward. When swimming freestyle, swimmers should attempt to swim with their faces in the water as much as possible.

7yrs and older swimmers:  Swimmers in this age group must be able to

swim at least one length of the pool unassisted and without hanging on the

ropes.  Swimmers must be comfortable with swimming with their faces in

the water when appropriate for the stroke.  Swimmers must be comfortable

sharing a lane with other swimmers.

11years and older swimmers:  Swimmers in this age group must be able to

swim at least 2 lengths of the pool unassisted and without hanging on the

ropes.  Swimmers must be comfortable swimming with their faces in the

water when appropriate for the stroke.  Swimmers must be comfortable

sharing a lane with other swimmers.

If you are unsure about your swimmer’s readiness for swim team, please

contact Coach Karen Cuda prior to registration.  The team will be able to

offer refunds until Friday, June 9th.  Swimmers must be able to satisfy the

age group requirements to be eligible for meet registration.