



## APRIL

- Tues., April 1 - Registration Opens
- Sat., April 12 - Spring Fling and Chipotle Carytown Spirit Night, 10 N Nansemond St, Richmond, VA 4-8 PM  
Registration Day and All Parent Meeting @ SRA Clubhouse 2-4 PM

## MAY

- Sun., May 11 - New swimmer assessments 5:15-6:00 PM at SwimRVA following the last Clinic
- Tues., May 13 - Weekday Afternoon Practices Begin, Gelati Celesti Bon Air Fundraiser
- Fri., May 23 - Deadline to register to participate in the first meet (Don't forget the JRAC waiver!)
- Fri., May 23 - No practice
- Mon., May 26, Memorial Day - No practice
- Fri., May 30 - Last day for early registration (\$5 discount)
- Sat., May 31 - Saturday morning practices begin
- Sat., May 31, 11 am - Mini Meet - Practice meet for all new swimmers

## JUNE

- Sun., June 1 or Mon., June 2, **Meet #1 (SRA @ KRA)**
- Tue., June 3 - Weekday morning practices begin
- Tue., June 3 - Afternoon practice times change
- Mon., June 9, **Meet #2 (West @ SRA)**
- Mon., June 16, **Meet #3 (CCV @ SRA)**
- Wed., June 18, 6:00 PM - Lip Sync (prepare NOW!)
- Mon., June 23, **Meet #4 (SRA @ ARA)**
- Mon., June 23 - Fri., June 27 - Coaches Appreciation Week
- Wed., June 25 - Water Country!
- Mon., June 30, **Meet #5 (KRA @ SRA)**

## JULY

- Mon., July 7, Pancake Breakfast; **Meet #6 (SRA @ Herm)**
- Tue., July 8 - Last 8 & Under party; last practice for first-year 8 & Unders
- Thur., July 10 - Championship Meet entries posted
- Mon., July 14 - No afternoon practice - 10 & under Movie - 13 & up Pasta Dinner
- Tue., July 15 - 11/12 Top Golf (early afternoon) - 5:00 pm - Championship Pep Rally
- Wed., July 16 - **JRAC Swim Champs @ SwimRVA** (Collegiate School Aquatic Center)
- Thur., July 17 - Jason's Deli Post Champs Dinner for all swimmers and families
- Fri., July 18, 6:00 pm - Awards Program for all swimmers and families. Dance party follows  
(Rain Date Sat., July 19, 2pm)



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**AFTERNOON PRACTICES MON-FRI\*\* (5/13 - 5/30):**

- 8 & Unders (Mini Mites Only): 4:00 – 4:30 PM
- 8 & Unders (Mites Only): 4:30 – 5:00 PM
- 9-12 year-olds: 5:00 – 5:45 PM
- 13 & Up: 5:45 – 6:30 PM

*\*\*no practice on Mon 5/12*

**SATURDAY MORNING PRACTICES (BEGINNING 5/31)**

- 8 & Unders (Mites Only): 9:00 – 10:00 AM
- 9-12 year-olds: 10:00 – 11:00 AM
- 13 & Up: 11:00 AM – 12:00 PM

**MORNING PRACTICES MON, WED-FRI (BEGINNING 6/4):**

- 9-12 year-olds: 8:45-9:45 am
- 8 & Unders (Mites Only): 9:45-10:30 am
- 13 & Up: 10:30-11:30 am
- 8 & Unders (Mini Mites Only): 11:30-12:15 PM

**AFTERNOON PRACTICES MON-FRI (BEGINNING 6/3):**

- 8 & Unders (Mini Mites Only): 11:30-12:15 pm\*
- 8 & Unders (Mites Only): 3:15-4:00 pm
- 9-12 year-olds: 4:00-5:00 pm
- 13 & Up: 5:00-6:00 pm

*\*fun Mini-Mite/Mite practice on Tuesday's following meets will be open to ALL MITES and conclude with the famous ALL-MITE LAWN PARTY!!*

*\*\*Practice times are subject to change depending on group sizes. Coach Mike will communicate if there is an opportunity for double practices. No practices Tuesday morning following Monday meets*