

ORCHARD RIDGE SWIM, DIVE & PREP TEAMS

2022

ORCC SWIM MEETS

6/9 ORCC Intrasquad
6/16 ORCC @ Arlington Park
6/23 Pine Valley @ ORCC
6/25 LMP Invite @ ORCC
6/30 ORCC @ Poco
7/14 Blackhawk @ ORCC
7/19 Autumn Ridge @ ORCC
7/29-31 CITY SWIM MEET @ HPB!

*All dual meets start at 6 p.m.; warm-ups 5-5:25 (home) & 5:25-5:50 (visitors).
**Swimmers must participate in 2 meets to be eligible for the City Swim Meet.
***Families must volunteer at 3+ meets.

Swim Team Practices:

M-F May 31 – July 29

Green Group (experienced swimmers 12+):

M/W 8-9:30 a.m.

Tu/Th/F 8:30-9:30 a.m.

Black Group (newer 11-16 & exp. 10-13):

M-F 9:30-10:30 a.m.

Blue Group (new/newer 7-11):

M-F 10:30-11:30 a.m.

Important Dates:

4/24 Registration & Brunch
5/21 Pool opens (tentative)
5/23-26 ORCC Swim mini-camp
5/31 Practices begin
6/10 Team Pictures
7/25-29 Swim Spirit Week!
7/29-31 CITY SWIM MEET!!!

*TENNIS T/Th mornings 6/7-7/28:

ORCC PREP MEETS

6/15 Arl Park @ ORCC 5 p.m.
6/22 Poco @ ORCC 5 p.m.
6/29 FWCC @ ORCC 5 p.m.
7/6 ORCC @ Syc 10 a.m.
7/13 ORCC @ PVCC 11 a.m.
7/20 Prep Invite???

*Prep meets last between 30-45 min
**Arrive 15 min before the meet starts
***There are practices on meet days except 7/6, 7/13, 7/20 & 7/27

Prep Team Swim Practices:

M-F May 31- July 22

11:30 a.m.-noon

All prepsters, typically ages 5-9, should be comfortable in the water and swim 10-15 yards with little or no assistance. Coaches will determine final team placement.

Important Dates:

4/24 Registration & Brunch
5/21 Pool opens (tentative)
5/23-26 ORCC Swim mini-camp
5/31 Practices begin
6/10 Team Pictures
7/18-2 Prep Spirit Week
7/20 Prep Invite??

Blue 8:30-9:30

Green 9:30-10:30

ORCC DIVE MEETS

6/13 ORCC (+Syc) @ FWCC
6/20 Poco @ ORCC
6/27 ORCC @ Arlington Park
6/28 ORCC Synchro Showdown
7/11 ORCC @ GlenAqua
7/12 S. Flowers Invite @ BH
7/18 Blackhawk @ ORCC
7/19 Uno Invite @ Tbd
7/22-23 CITY DIVE MEET @ HPB!!!

*All dual meets start at 5 p.m. with 8 & unders first, then subsequent age groups
**Divers must participate in 2 meets to be eligible for the City Dive Meet.
***Families must volunteer at 2+ meets.

Dive Team Practices:

M-F May 31-July 22

Black Group M-F 8:45-9:30 a.m.

Blue Group M-F 9:30-10:15 a.m.

Green Group M-F 10:15-11:15 a.m.

Participant's Dive team group is the same color/group as their Swim team group.

Important Dates:

4/24 Registration & Brunch
5/21 Pool opens (tentative)
5/23-26 ORCC Dive mini-camp
5/31 Practices begin
6/10 Team Pictures
7/18-22 Dive Spirit Week!
7/22-23 CITY DIVE MEET!!!

Prep 10:30-11:15

Black 11:15-12:15