

Prep Swimmer Name _____ Age (as of 5/31) _____

ORCC Summer '23 Prep Meet Info Sheet

We are fired up for our prep season! These are the meets we will be participating in this summer. Please check your calendars and return this sheet to Coach Maggie or Coach Ripley by June 9th. The prep dual/tri meets are very fun and non-stressful for the kids. There will not be any disqualifications and we have awards for all. Each prepster will swim one length of each stroke (butterfly, backstroke, breaststroke & freestyle). These last 30-60 min. (Please note, for prep meets scheduled in the a.m., we will not have prep team practice. For prep meets scheduled in the evening, we still have a.m. practice.)

We also have three home swim meets. Occasionally, Coach Julie will have the more experienced prep swimmers compete in one or two of these meets if their prep coaches feel they are ready for it and if the prep swimmer wants to. (Of course, everyone is welcome and encouraged to see our home swim team meets whether you're participating or not!) For the City Swim Meet, prep swimmers generally do not participate. However, if the coaches believe your swimmer is ready to try, we will contact you to see if your prepster is interested, so please mark if you are available that weekend. Feel free to talk with any of the coaches if you have questions about any of the meets.

PLEASE MAKE A COPY/TAKE A PICTURE OF THIS FOR YOUR RECORDS!

Yes _____ No _____ June 14th Arlington Park **prep meet** (AWAY 5 p.m.)

Yes _____ No _____ June 21st POCO **prep meet** (AWAY 5 p.m.)

Yes _____ No _____ June 28th FWCC **prep meet** (AWAY 5 p.m.)

Yes _____ No _____ July 5th Sycamore+Autumn Ridge **prep meet** (**HOME** 5 p.m.)

Yes _____ No _____ July 11th (*Tue.*) Pine Valley **prep meet** (**HOME** 5 p.m.)

Yes _____ No _____ July 19th **Prep Invite** @ Pocahontas (AWAY 9 a.m.)

Yes _____ No _____ 7/28-30 **CITY SWIM MEET!** (Southside HS, 8 & under
prelims-Fri. p.m., Finals, all ages-Sun.) Coach Julie & Maggie/Ripley will notify if eligible)

Yes _____ No _____ Help out with Prep Meets
Name & cell # _____

*please arrive 15 minutes prior to the start of each meet