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Pre-Season Workouts: May 28 – June 13 (AQua Wave Pool)

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*Monday -Thursday 7:30 pm to 8:15 pm (all levels)*

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Season Workouts: June 17 – August 8 (AQua Wave Pool)

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**Monday - Thursday 7:30 pm to 8:15 pm (all levels)**

Monday & Wednesday practices will be with Coach Paul and Mr. Josh.

Tuesday & Thursday practices will be with Coach Paul and Ms. Debra.

**Wednesday, Friday, Saturday 8:00 am to 9:30 am (all levels)**

Wednesday & Saturday morning practices will be with Coach Paul.

Friday morning practices will be with Ms. Debra.

You are **required** to come to 2 practices a week, **3 is recommended**, and one of those practices **must** be either **Monday and/or Wednesday**.

#### Requirements/Qualifications:

- Must be proficient in all 4 strokes-Butterfly, Backstroke, Breaststroke, and Freestyle. If you are unsure if your child is ready feel free to talk to your instructor!

#### What you need to sign up:

- Swimmer's Birth Certificate
- Concussion Form
- Registration Form
- T-Shirt Size
- Emergency Form
- Money (See "Fees" section, on next page, for more info)

# Fees

Summer swim team fee includes:

- Unlimited attendance at workouts/practices
- Orange County Swim Conference Membership
- USA Swimming Membership & Insurance
- Unlimited OCSC swim meet attendance (*does not include \*AQW Meets*)
- AQua Wave Otters T-Shirt
- Last day to sign up is Friday, June 9<sup>th</sup>, 2019.

Preseason + Season (5/28/19-8/8/19)	.....	\$360.00
Each Additional Sibling	.....	\$340.00
Season (7/17/19-8/8/19)	.....	\$310.00
Each Additional Sibling	.....	\$290.00

Team Swimsuit with swim cap are available as a separate purchase for all swim team participants.

## OCSC Summer Meets:

All summer swim team members will be required to participate in **at least one** OCSC swim meet. In order to qualify to swim in the Championship and Finals Meet you must swim in the Invitational Meet, The Duel Meet, and/or the Pentathlon Meet. Swimmers must be a member of Orange County Swim Conference (OCSC) *and* USA Swimming to compete. (Fees for membership are included in the Summer team Package.) **Parent volunteers** will be necessary for all meets.

OCSC Duel Meet With SPLASH: Tuesday, July 16<sup>th</sup>

Location for Duel Meet: 17816 Bushard St, Fountain Valley, CA 92708

Location for the meets listed below: Valencia High School 500 Bradford Ave, Placentia, CA 92870

OCSC Invitational Meet: Saturday, June 29<sup>th</sup>

OCSC Pentathlon Meet: Saturday, July 13<sup>th</sup>

OCSC Championship Meet: Saturday, August 3<sup>rd</sup>

OCSC Finals Meet: Tuesday, August 6<sup>th</sup>. (qualifying swimmers)

More meets may be added. Make sure the contact information, email and phone number, we have on file for you is correct in order to be notified of any additional events and/or changes in events.

Any changes to the schedule will also be posted on our website at [aquawaveswim.com](http://aquawaveswim.com).

\*AQua Wave Swim Meets: Sunday, June 16, July 21, and August 18 more info at [aquawaveswim.com/swimmeets](http://aquawaveswim.com/swimmeets)  
Questions? Call us at 949-455-2535 or email us at [support@aquawaveswim.com](mailto:support@aquawaveswim.com)

~ May 2019 ~

Mon	Tue	Wed	Thu	Fri
27 MEMORIAL DAY! No workouts	28 PRE-SEASON BEGINS 7:30 pm - 8:15 pm	29 7:30 pm - 8:15 pm	30 7:30 pm - 8:15 pm	31

~ June 2019 ~

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3 7:30 pm - 8:15 pm	4 7:30 pm - 8:15 pm	5 7:30 pm - 8:15 pm	6 7:30 pm - 8:15 pm	7	8	9
10 7:30 pm - 8:15 pm	11 7:30 pm - 8:15 pm	12 7:30 pm - 8:15 pm	13 LAST DAY OF PRE-SEASON 7:30 pm - 8:15 pm	14	15	16 AQW Swim Meet
17 7:30 pm - 8:15 pm	18 7:30 pm - 8:15 pm	19 8:00 am - 9:30 am 7:30 pm - 8:15 pm	20 7:30 pm - 8:15 pm	21 8:00 am - 9:30 am	22 8:00 am - 9:30 am	23
24 7:30 pm - 8:15 pm	25 7:30 pm - 8:15 pm	26 8:00 am - 9:30 am 7:30 pm - 8:15 pm	27 7:30 pm - 8:15 pm	28 8:00 am - 9:30 am	29 OCSC Invitational Meet	30

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 Questions? Call us at 949-455-2535 or email us at [support@aquawaveswim.com](mailto:support@aquawaveswim.com)

~ July 2019 ~						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 8:00 am - 9:30 am 7:30 pm - 8:15 pm	2 7:30 pm - 8:15 pm	3 8:00 am - 9:30 am 7:30 pm - 8:15 pm	4 INDEPENDENCE DAY! No workouts	6 AQua Wave CLOSED No workouts	7 AQua Wave CLOSED No workouts	8 AQua Wave CLOSED No workouts
8 7:30 pm - 8:15 pm	9 7:30 pm - 8:15 pm	10 8:00 am - 9:30 am 7:30 pm - 8:15 pm	11 7:30 pm - 8:15 pm	12 8:00 am - 9:30 am	13 OCSC Pentathlon	14
15 7:30 pm - 8:15 pm	16 Duel Meet @ SPLASH 5:00 pm - 6:30pm	17 8:00 am - 9:30 am 7:30 pm - 8:15 pm	18 7:30 pm - 8:15 pm	19 8:00 am - 9:30 am	20 8:00 am - 9:30 am	21 AQW Swim Meet
22 7:30 pm - 8:15 pm	23 7:30 pm - 8:15 pm	24 8:00 am - 9:30 am 7:30 pm - 8:15 pm	25 7:30 pm - 8:15 pm	26 8:00 am - 9:30 am	27 8:00 am - 9:30 am	28
29 7:30 pm - 8:15 pm	30 7:30 pm - 8:15 pm	31 8:00 am - 9:30 am 7:30 pm - 8:15 pm				

~ August 2019 ~						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 7:30 pm - 8:15 pm	2 8:00 am - 9:30 am	3 OCSC Championship Meet	4
5 7:30 pm - 8:15 pm	6 OCSC Finals Meet	7 8:00 am - 9:30 am 7:30 pm - 8:15 pm	8 7:30 pm - 8:15 pm LAST DAY! Pool Party			

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