



CARDINAL PRESEASON SWIM SCHEDULE & INFO 2020 SWIM SEASON

Description

Preseason swim sessions are an opportunity for the swimmers to begin preparing for the summer season, including a chance to start rebuilding their summer swim friendships. These sessions also give the coaches an opportunity to familiarize themselves with the swimmer abilities and start planning the summer swim training program. There is a heavy focus on stroke development during these sessions, instead of distance. However, because of the depth of the pool we will be using this year, it's important we only have swimmers who can complete one length of the pool. Development swim for those still needing assistance in building that endurance will start later, with future communications coming on that program.

We will have limited lanes and resources, so please RSVP whenever possible through the sign-up genius, so we have a headcount for attendance. <https://www.signupgenius.com/go/9040E4CA5AC29A13-cardinal3>

Cost

The cost is \$10/swimmer for each session they attend. If you have more than 2 swimmers, it's an extra \$5/swimmer. If you plan to attend all 10 sessions, you can pay \$90 up front for each swimmer. If you have more than 2 swimmers, it's only \$45/extra swimmer to pay up front for the whole preseason.

Preseason payments cannot be bank drafted, so please bring cash to the practices. If paying for the entire preseason, check is preferred and can be made out to "Cardinal Swim and Tennis Club".

Schedule & Location

All preseason swims will take place **at the Greensboro Aquatic Center ("GAC"), in the new training pool**. We will send out details about where to park, enter, change, etc. closer to the start of the sessions. Please allow enough time for parking and walking the children into the building. You will need to sign the kids in at the front desk and escort them to the pool.

March 1 st	3-4pm	4 lanes
March 8 th	3-4pm	4 lanes
March 15 th	3-4pm	4 lanes
March 22 nd	3-4pm	4 lanes
March 29 th	NO PRACTICE	
April 5 th	3-4pm	4 lanes
April 12 th	SPRING BREAK	
April 19 th	3-4pm	4 lanes
April 26 th	3-4pm	3-4 lanes
May 3 rd	3-4pm	3-4 lanes
May 10 th	3-4pm	4 lanes
May 17 th	3-4pm	4 lanes