

WINTER HAVEN STINGRAYS SWIM TEAM

PO Box 9002 - Winter Haven, Florida 33883

WinterHavenStingrays.com

2009 Summer Practice Schedule

Practices held at Rowdy Gaines Olympic Pool
Chain of Lakes Southwest Recreational Complex, 210 Cypress Gardens Blvd.

Contact: Coach Jim Grazier / Coach Laurie Smith 863.514.4564;
jgrazier75@hotmail.com

Summer Practice Schedule: Begins - June 8th

Coach Jim: Age Group, Senior, and Masters

Monday – Friday	6:30 – 8:30 am	Long Course
Monday – Thursday	5:30 – 7:00 pm	Short Course
Saturday	7:00 – 9:00 am	Long Course

Developmental and Junior Age Groups – Coach Laurie, Coach Travis

Beginning: June 8th

Monday – Friday	9:00 – 10:30 am	Coach Laurie
OR	9:00 – 10:00 am	Coach Travis
Monday – Thursday	5:30 – 7:00 pm	Coach Laurie

Note: Due to typical summer storms it is recommended that developmental swimmers attend the 9:00-10:30am practice.

*Coaches want developmental swimmers to swim **ONLY** one practice a day!

OFF – Days ☺

May 26, & July 3&4

All Groups OFF - Coaches Vacation July 30 - August 9

Beginning August 10: Resume “In-school” practice schedule.

Jim: M - F 5-7pm & Sat. 7-9am

Laurie: M - F 5:30 -7pm

Travis: Mon., Wed., & Thurs. - 5:30-6:30pm

Winter Haven Stingrays Swim Team
2009 "Get Rowdy"
Summer Fun Meets

<u>Date</u>	<u>Team</u>	<u>Place</u>	<u>Warm-up</u>
May 28	LYCC	Away	5:00 pm
June 16	FSC	Home	5:30 pm
June 23	LYCC	Home	5:30 pm
July 2	Eaglebrooke	Home	5:30 pm
July 7	FSC	Home	5:30 pm
July 11-12	Strawberry Meet	Lakeland	TBA
July 14	Family Fun Night Swim-a-Thon Swimmer Recognition	Home	6:00 pm
July 21	Eaglebrooke	Away	5:30 pm

**Bring a suit and a smile,
Just for the fun of it!**

