

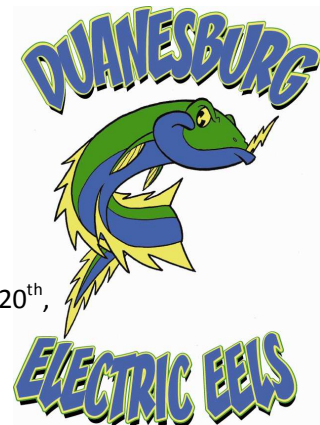
Fall/ Winter Practice Schedule:

Developmental – Tuesday – Thursday 4 – 5:30pm
 Group 1 - Monday, Tuesday, Wednesday and Friday 4 – 5:30pm
 Group 2 and 3 – Monday – Friday 5 – 7pm
 Group 3 – Saturday 8- 10am

There will be no practice on the following dates:

10/31, 11/24, 11/25

Practice times may be adjusted on December 9th, January 6th & 27th, February 20th, due to USA swimming events

**North Country League Competition Schedule:**

Meets will be on Saturday and Sunday's starting on November 12th. The team will compete in 4 dual meets. The season ends with a Championship meet on February 5th and a Developmental meet on 2/11.

North Country League Meet Schedule:

November 12th – Home vs Fulton Flyers and Rotterdam Boys and Girls Club – 1pm warm up
 November 20th – Away vs Greenbush YMCA – 12:30 warm ups
 December 17th – Home vs Mohonasen and AJCC – 1pm warm ups
 January 21st – Away vs Guilderland – 12pm warm up
 February 5th - Championships
 February 11th – Developmental Champs (tentative)

USA Meet Schedule: This schedule may change slightly once the USA team is established. Coaches may need to make adjustments based on the swimmers abilities.

October 23rd – Trick or Treat – RPI
 October 29th – IM-Xtremely Spooked - Duanesburg
 November 13th – Pilgrim's Pride - RPI
 December 4th – Super Splash (tentative only for those that will not be participating in the Star Meet)
 December 8th – 11 – Star Meet – Buffalo must qualify
 January 6th- 8th – Starfish Invitational – RPI
 January 14th – 15th – Chris Goody – Union College
 January 27th – 29th – IMX Games – Washington DC
 February 17th – 20th – Region 1 – Union College – must qualify
 March 3rd – 5th – Silvers – RPI
 March 11th & 16th – 18th – Golds – Niskayuna and RPI
 March 29th – 31st – Eastern Zone Champs – Webster NY

Team Functions:

Psych parties: Before February 5th and Before March 3rd – will need a parent to organize these
Fundraiser: IMX Meet Home 10/29 7am – 5pm – whole team must participate
 Heart of Winter Home 2/11 7am – 5pm – whole team must participate
Swim a Thon: November 21st – During Practice – will need parents to help count
Bottle Drive: To be determined
Banquet: After March 18th – will need a parent to organize this