**Simsbury Swimming Week 1 In Review 12/5/16 to 12/09/16**

 **PRE – SEASON MEET**

**DATE OPPONENT TIME PLACE**

12/16 Bulkeley Relay/Diving Meet 3:30PM(D)/5:45PM(S) Bulkeley High School

 **DUAL MEET SEASON**

**DATE OPPONENT TIME PLACE**

12/20 Bulkeley 3:45PM Bulkeley High School

12/27 Gilbert 8:00PM Westminster

1/3 Granby 8:00PM Westminster

1/10 Rocky Hill 8:00PM Westminster

1/13 Suffield/East Windsor 4:00PM Windsor Locks High School

1/17 East Hartford 8:00PM Westminster

1/20 Farmington 7:00PM Miss Porters School

1/24 Northwest Catholic 8:00PM Westminster ***SENIOR NIGHT***

2/1 Conard 3:30PM Cornerstone

2/8 Southington 3:45PM Southington YMCA

2/14 Hall 3:30PM Cornerstone

 **CHAMPIONSHIP SEASON**

 **DATE OPPONENT TIME PLACE**

2/25 Girl’s Splash Classic TBA Plainville High School

2/27 CCC North Diving 8:00PM Westminster

2/28 CCC North Swimming 3:30PM Cornerstone

 **CLASS L STATES**

3/8 Class L Diving/Trials 5:30PM Middletown High School

3/11 Class L Swimming Trials 4:30PM Kennedy High School

3/14 Class L Swimming Finals 1:30PM Wesleyan University

3/18 State Opens 2:30PM Yale University

 **WELCOME**

Welcome to the 2016-2017 season of Simsbury Swimming and Diving. If you are receiving this email it is because you are part of the team. This is the first of many **Week in Review** emails that we send out to keep you informed of all the pertinent information that will make our season run smoothly. If you ever have any questions, feel free to contact us. Our coaching staff of Head Coach-Scott Chambers, Assistant Swim Coach-Mary Fran Drakeley, and Head Diving Coach-Rich Kowalski are looking forward to a wonderful season.

 **BULKELEY RELAY/DIVING CARNIVAL**

Our first meet is fast approaching us on Friday December 16th. The diving portion begins with a 2:30PM warm up with a 3:30PM meet start. Our diving team of Evelyn Neagoy, Isabella Lang, and Malaki Tatum will be representing us in the 3 Dive portion of the diving. The Relay Carnival competition begins with a 4:45PM warm up, and a 5:45PM meet start. The bus for the swimmers will depart from the high school at 3:00PM. We will make a supper stop on our way home. I am saddened to say our traditional stop at the Wendy’s in Bloomfield will not take place this year as it has closed. Time to start a new tradition. I am hearing maybe Boston Market might be our new tradition. Parents, there is a nominal entry fee to the meet to help support Bulkeley Swimming.

 **PRACTICE**

We practice every night from 7PM-9PM. Please plan on arriving at 6:45PM. We begin at 7:00PM with light stretching and this week we will be adding 15-20 minutes of dry-land exercises that will be led by our selected Team Captains.

 **TEAM SUITS**

We need to order our team suits ASAP. I handed out an order form at practice. A few forms were returned to me. I want to place the order on Monday. If you can reply to this email with the suit size of your swimmer, payment can be made when the suits come in. I hope to get them before our first meet on 12/20. Team bathing caps have been ordered.

 **WARM UPS/DRAG SUITS/SNORKELS**

We handed out our warm ups, drag suits, and snorkels at practice on Friday evening. If you were not there Friday, please see me Monday at practice. You are responsible for the warm ups throughout the season. Please do not lose them, because it will be a cost of $55.00 to replace it.

**INCLEMENT WEATHER**

We know the weather during the winter season can be very tricky to deal with. If practice is cancelled, we will let you know as soon as we can. Since we practice at night, there are times we can hold an optional practice even is school was cancelled, delayed, or dismissed early.

 **TEAM WEB-SITE**

We do have our own team web-site that I will edit and update very soon. The web address is [www.simsburyswimming.com](http://www.simsburyswimming.com). We can post many things there, so check it out in the future.

 **A WEEK AT A GLANCE**

**DATE EVENT TIME PLACE**

12/12 Practice 7:00PM-9:00PM Westminster

12/13 Practice 7:00PM-9:00PM Westminster

12/14 Practice 7:00PM-9:00PM Westminster

12/15 Practice 7:00PM-9:00PM Westminster

12/16 Bulkeley Relays 3:30PM (diving) Bulkeley H.S.

5:45PM (swimming)

Many Thanks,

Scott