

# Plum Creek Swim Team

## 2023 Summer Season Information

**Season Dates:** Tuesday, May 30th - Thursday, June 29th

**Call-Out Meeting:** Sunday, April 23rd at 5 PM

**Practice Days:** Monday – Friday

**Practice Times:** Tuesday, May 30th thru Wednesday June 28th

Group 1	9-10 Age Group	8-8:45am
	7-8 Age Group	8:45-9:30 am
Group 2	6 & Unders	9:30-10:00 am
Group 3	11-14 Age Group	10 – 11am

\*Swimmers with advanced skill in the 7-10 Age Group may have the option to practice with Group 3. Final decisions for any 7-10 year old swimmer to move into Group 3 will be made by the Head Coach.

\*Swim practices will be conducted on days we have swim meets.

### 2019 Plum Creek Coaching Staff:

Head Coach: Emily Gallagher

Assistant Coach: Alexa Chang and Juliana Weinrich

### Plum Creek Swim Team Cost:

**\$120.00 per child**

### Meet Dates:

1. Tuesday June 6	Windermere@ Plum Creek	HOME
2. Thursday, June 8	Summer Break @ Plum Creek	HOME
2. Tuesday, June 13	Plum Creek @ Hawthorns	
3. Thursday, June 15	Plum Creek @ Gray Eagle	
4. Tuesday, June 20	BYE Meet	
5. Thursday, June 22	Avalon @ Plum Creek	HOME
6. Tuesday, June 27	River Glen @ Plum Creek	HOME

\*All meets will start at 5 PM\*

Thursday, June 29                      **Suburban League Championships**                      **9 AM – 4 PM**  
**Fishers High School**

(This is the most important meet of the season. Please mark your calendars to attend this meet!)



**Relay Swim-Up Rules:**

If a team lacks four (4) swimmers in a particular age group the team may use younger age groups to fill the relay team. Relay teams may swim in more than one relay.

**Team Suits:**

We encourage all Plum Creek Swim Team members to wear the black team suit to all home and away meets to represent your team with pride. Coaches can also easily identify Plum Creek swimmers wearing the appropriate team suit.

\*Returning swim team members may use team suits from last season if you wish.

\*Any returning Plum Creek swimmer that has outgrown their team suit may pass it down to other swimmers if they wish.

**Elsmore will be our official Plum Creek provider.**

**Orders can be placed at their store (they are located at 96 street). A link will be sent later in May.**

**Caps:**

Plum Creek caps will be available for all swimmers that wish to use them. These caps should be used only at practices and meets. The coaches will hand out one cap per swimmer. Additional caps will cost \$5.00 each.

**Plum Creek Time Trial:**

The coaches will be conducting time trials on **FRIDAY, June 2nd** during practice to have an idea of swimmers times and abilities for our first meet against Windermere. This time trial will also be an opportunity for coaches to give positive feedback to swimmers regarding stroke mechanics, technique, starts, turns and finishes. The time trial will consist of 25's only.

**Plum Creek Team Awards Banquet:**

The Plum Creek Swim Team banquet is tentatively set for **Friday, June 30th from 6:00 – 8:00pm**. The banquet will be held at the Plum Creek pool.

Additional information regarding the banquet will be handed out at a later date.