

# WILLOWBROOK SWIM & DIVE

## 2023 SEASON

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### IMPORTANT DATES

- **May 27:** Meet & Greet/ Suit Fitting
- **June 19:** Pre-Season Begins for ALL
- **June 23:** Time Trials Session 1
- **June 26:** Time Trials Session 2
- **June 26:** Regular Practice Schedule Begins
- **TBD:** Team Dinner

### DUAL MEET SCHEDULE

- ✓ **Thursday, June 29:**  
Home vs. Pound Ridge
- ✓ **Thursday, July 6:**  
AWAY at Yorktown
- ✓ **Tuesday, July 11:**  
Home vs. Katonah
- ✓ **Tuesday, July 18:**  
AWAY at Birchwood
- ✓ **Tuesday, July 25:**  
AWAY at Briarcliff

### "B" MEET SCHEDULE

#### **SWIM** (locations TBD)

- Wednesday, July 5
- Wednesday, July 12
- Wednesday, July 19

#### **DIVE** (locations TBD)

- Monday, July 10
- Monday, July 17
- Monday, July 24

### CHAMPIONSHIPS

- ◆ **July 26:** Dive Championships
- ◆ **July 27:** Dive All-Stars
- ◆ **July 29:** Swim Championships
- ◆ **July 30:** Swim All-Stars

### Pre-Season Practice Schedule

10 & Under: 4:30-5:30pm

11 & Over: 4:30-6:00pm

DIVE TEAM: 5:00-6:30pm

#### **DIVE TEAM**

### Regular Practice Schedule

5:00-6:30pm (Monday-Friday)

11:00 am-12:00 pm (Tuesday & Thursday)

#### **SWIM TEAM**

### Regular Practice Schedule

#### **MORNING PRACTICE:**

##### **Monday-Friday**

10 & Under: 10:30-11:30am

11 & Over: 10:30am-12:00pm

#### **AFTERNOON PRACTICE:**

##### **Monday-Friday**

10 & Under: 4:30-5:30pm

11 & Over: 4:30pm-6:00pm

Northern Westchester Swim Conference Website: <http://northernwestchestersc.com>