



# HOPWELL VALLEY Swim Team

## Practices

- **organized by age group**  
Swimmers' ages for the season determined by age on 6/1/23.
- **weekdays only:**  
**afternoons** June 12, 13, 15, 19-22;  
**mornings** June 26 - July 24.
- ♦ **AM practice times:** will be in Parent Packet; may fluctuate depending on numbers; in 7:15-10:15 window
- **swimmers should arrive and depart practices on time, and should be prepared with:**
  - ♦ suit, cap, goggles
  - ♦ towel and water/sports drink
  - ♦ clothes and sneakers for dryland

## Meets

- **Dual Meets:** 6 or 7, on Tuesday or Thursday evenings 4:45 - 8:15.
- **1st Meet: likely June 27th.**  
Mandatory for ALL swimmers & at least 1 parent of each swimmer
- **Mini Meet: July 8th:** a mid-season meet only for swimmers 10 and younger (our only Saturday event)
- **Championship Meet:** Monday and Tuesday July 24 & 25, during the day. Competition day and time dependent on age and gender. Schedule to be released.
- **Parents make meets possible!** All parents are required to sign up for 4 meet jobs each season.

## Who:

**Swimmers ages 4-18\* are welcome to participate!**

\*Swimmers 10 and younger must be able to independently complete one length of the pool, and must be familiar with freestyle; 11 and older must be able to independently complete two consecutive lengths of the pool, and must be familiar with freestyle and at least one other stroke.

## When:

**Practices and competitions take place weekdays from June 12th - about July 25th** (dependent on participation in Championship Meet). See the left column for more info.

## Where:

**All practices are at Hopewell Tennis & Swim Center:**  
111 Titus Mill Road, Pennington, NJ 08534

**Dual Meets** usually alternate between taking place at our home pool and the nearby pools in our division.

**PASDA Championships** TBD, will be in Parent Packet.

## Important Information / Sign Up

**Registration:** is [linked here](#). Due May 19, or until the number of participants reaches maximum (whichever happens first).

**Parent Info Packet:** forthcoming, will be linked on website.

### Important Upcoming Dates:

- Parent Info Meeting: Friday, May 19 at 6:00 PM  
(A link will be sent via email to all registered to join virtually.)
- "Try-outs": 6/7 (weather date 6/8) time TBD, but will be in the afternoon. REQUIRED for NEW, non-club swimmers.
- Coaches Meet & Greet: Afternoon of 6/8 (time TBD)

See you at the pool!