

METHOW VALLEY KILLER WHALE SCHEDULE

June 2023

*** SWIMMERS MAY
NEED TO BE
DRIVEN TO BOOT
CAMP TO MAKE IT
ON TIME***

1. Roster Deadlines are **CRITICAL** and will be due at **10:50am** of **deadline day!** Please sign up on time or you will not be able to swim in the meet!

2. Boot Camp: Arrive 15 minutes prior and be prepared for a good workout.

Contact:
methowvalleykillerwhales@gmail.com

www.mvkillerwhales.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2023	12 Boot Camp Pod C 3:45-4:30 Pod B 4:30-5:15 Pod A 5:15-6:00 No Pod D	13 Boot Camp Pod C 3:45-4:30 Pod B 4:30-5:15 Pod A 5:15-6:00 No Pod D	14 Boot Camp Pod C 3:45-4:30 Pod B 4:30-5:15 Pod A 5:15-6:00 No Pod D	15 Boot Camp Pod C 3:45-4:30 Pod B 4:30-5:15 Pod A 5:15-6:00 No Pod D	16 Boot Camp Pod A 8-9am Pod B 9-10am Pod C 10-10:50 No Pod D	17
	18	19 Regular Practice Begins: See Below Information Pods A, B, C	20 Pods A, B, D	21 Pods A, B, C	22 Roster Deadline for Dual on 6/27 Pods A, B, D	23 Pods A, B, C
25	26 Roster Deadline for Dual on 6/29 Pods A, B, C	27 Methow @ Brewster Pod D	28 Pods A, B, C	29 Omak @ Methow Pod D	30 Pods A, B, C	
					Info for Dual Meets: Sign in: 5:15pm Warm ups: 5:30pm Meet start: 6:00pm	

Practice Schedule

Please check Calendar & Website for no practices and specific pod only days!

Regular Practice June:

*Pod A: 8-9am

*Pod B: 9-10am

*Pod C: 10-10:50 am

*Pod D: 10-10:50 am

METHOW VALLEY KILLER WHALE SCHEDULE July 2023

1. Swimathon: Please note that this is our only fundraiser and is loads of fun!!! Collect your pledges and come ready to swim!!!

2. Roster Deadline is 10:50am of deadline day!

Practice Schedule

Please check Calendar & Website for no practices and specific pod only days!

Practice July:

***Pod A: 8-9am**

***Pod B: 9-10am**

***Pod C: 10-10:50 am**

***Pod D: 10-10:50 am**

For Pods C & D see Calendar for specific days!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Info for Dual Meets: Sign in: 5:15pm Warm ups: 5:30pm Meet start: 6:00pm</p>						1
2	3 Roster Deadline for Dual on 7/6 Pods A, B, C	4 NO Practice	5 Roster Deadline for Brewster Invitational on 7/8 Pods A, B, C	6 Okanogan@Methow Pod D	7 Roster Deadline for Dual on 7/11 Pods A, B, C	8 Brewster Invitational Sign in: 8:15 Warm ups: 8:30 AAU Regionals Naches
9 AAU Regionals Naches	10 Pods A, B, C	11 Brewster @Methow Pod D	12 Roster Deadline for Invite on 7/15 Swimathon 8:00-9:30 9:30-11:00	13 Pods A, B, D	14 Roster Deadline for Dual on 7/18 Pods A, B, C	15 Omak Pentathlon Sign in: 8:15 Warm ups: 8:30
16	17 Pods A, B, C	18 Methow @Okanogan Pod D	19 Roster Deadline for Invite on 7/22 Pods A, B, C	20 Pods A, B, D	21 Roster Deadline for Dual on 7/25 Pods A, B, C	22 Methow Invitational Sign in: 8:15 Warm ups: 8:30
23	24 Pods A, B, C	25 Methow @Omak Pod D	26 Roster Deadline for Champs 7/30 Pods A, B, C	27 Pods A, B, D	28 Pods A, B, C	29 Championships @ Okanogan Sign in: 8:15 Warm ups: 8:30
30 Splashfest End of the year party	31		<p>* <u>Schedule is subject to change</u> *</p>			

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