

**A Sports Ministry of Trinity Fellowship Church**

# **Swim Team Training & Event Calendar**

**Team Genesis Swim Club & LOVE Swimming Swim Club  
January 2022 through August 2022**

**A Licensed Swim America Learn to Swim Lesson Program**



**January 2022 - August 2022**

## Training & Event Calendar Legend

<b>Program Name</b>	<b>Abbreviation</b>	<b>Notes</b>
AAU Conference/Convention	<b>ALC</b>	
ASCA World Clinic	<b>AWC</b>	
Championship Training Swim Camp	<b>CTC</b>	
Christmas Holiday Break	<b>CHB</b>	
Complete Performance Tech Clinic	<b>CPC</b>	
Devotional Technique Clinic	<b>DEV</b>	
Dive Technique Swim Clinic	<b>DTC</b>	
End of Season Break	<b>ESB</b>	
Endurance Swim Camp	<b>ESC</b>	
Free Community Swim Clinic	<b>FCC</b>	
Holiday Swim Break	<b>HSB</b>	
Independence Holiday Break	<b>IHB</b>	
New Year's Holiday Break	<b>NYB</b>	

Open Personal Best Time Meet	<b>OPB</b>	
Personal Best Time Meet	<b>PBT</b>	
Preparation Class Technique Clinic	<b>PCC</b>	
Pre-Season Swim Camp	<b>PSC</b>	
Psych Technique Swim Clinic	<b>PTS</b>	
Race Strategy/Winning Attitude TC	<b>RSC</b>	
Spring Break Holiday	<b>SSB</b>	
Sprint & Speed Technique Swim	<b>SSC</b>	
Start & Turn Technique Swim Clinic	<b>STT</b>	
Stroke Technique Swim Clinic	<b>STS</b>	
Summer Holiday Break	<b>SHB</b>	
Swim America Class	<b>SAC</b>	
Swim Team Practice	<b>STP</b>	
Thanksgiving Holiday Break	<b>THB</b>	
USA Swim Meet	<b>USA</b>	

Winter Training Swim Camp	<b>WTS</b>	
USS Aquatics Convention	<b>USC</b>	
<b>Training Facilities = *</b>	<b>*</b>	
*Farmington Civic Center	<b>FAR</b>	
*Mehlville Senior High School Pool	<b>MEH</b>	
*Jefferson County Family YMCA	<b>JEF</b>	
Technique Swim Clinic	<b>TSC</b>	

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# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1st Corinthians 10:13</b>						<b>1</b> New Years Day
<b>2</b> Wk21 <b>Exodus 20:12</b>	<b>3</b> <b>FAR</b> ESC 6/12 (1)	<b>4</b>	<b>5</b> <b>FAR</b> TSC & DTC 5/12(1)	<b>6</b>	<b>7</b> <b>FAR</b>	<b>8</b>
<b>9</b> Wk 22 <b>Romans 6:23</b>	<b>10</b> <b>FAR</b> ESC 6/12 (2)	<b>11</b>	<b>12</b> <b>FAR &amp; 8x50 Stroke</b> TSC & DTC 5/12(2)	<b>13</b>	<b>14</b> <b>FAR</b>	<b>15</b> <b>METS MLK Invite - USA Swim Meet</b>
<b>16</b> Wk 23 <b>Philippians 2:12-13</b>	<b>17</b> <b>Martin Luther King Jr - Holiday - No Practices/Classes</b>	<b>18</b>	<b>19</b> <b>FAR &amp; T-12</b> TSC & DTC 5/12(3)	<b>20</b>	<b>21</b> <b>FAR &amp; PBT Time Trials Series 6/12</b>	<b>22</b>
<b>23</b> Wk 24 <b>Genesis 2:24</b>	<b>24</b> <b>FAR</b> ESC 6/12 (3)	<b>25</b>	<b>26</b> <b>FAR &amp; Sprint Capacity</b> TSC & DTC 5/12(4)	<b>27</b>	<b>28</b> <b>FAR</b> OPBT 5/12	<b>29</b>
<b>30</b> Wk 25 <b>2 Timothy 3:16-17</b>	<b>31</b> <b>FAR</b> ESC 6/12 (3)					

**Announcements:** (1) Phase I Session 2 Sign-up Deadline December 27, 2021 (2) December 15, 2021 is Sign-up Deadline for METS MLK Invite USA Swim Meet, (2) January 7, 2022 is Sign-up Deadline for Seahawks Sprint Pentathlon, and (3) Sign-up Deadline for our 2022 Spring Pre-Season Swim Camp (runs 3- 4 hours per class) is March 7<sup>th</sup>, 2022 & classes will be conducted March 21<sup>st</sup> thru March 25<sup>th</sup>, 2022 (Wk #1) & March 28<sup>th</sup> thru April 1<sup>st</sup>, 2022 (Wk #2) (No Practice will be conducted on 1/1/2022 and 1/17/2022).

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# February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 National Freedom Day	2 Groundhog Day <b>FAR &amp; T-12</b> TSC & DTC 6/12(1)	3	4 <b>FAR</b>	5 <b>Seahawks Sprint Pentathlon- USA Swim Meet</b>
6 Wk 26 <b>Psalm 8:3-4</b>	7 <b>FAR</b> ESC 7/12 (1)	8	9 <b>FAR</b> TSC & DTC 6/12(2) Kobayashi Maru	10	11 <b>FAR &amp; OPBT 6/12</b> Lincoln's Birthday	12
13 Wk 27 <b>2 Chronicles 7:14</b>	14 Valentine's Day <b>FAR - ESC 7/12 (2)</b>	15	16 <b>FAR</b> TSC & DTC 6/12(3)	17	18 <b>FAR &amp; PBT Sprint Series 7/12</b>	19
20 Wk 28 <b>Romans 12:1-2</b>	21 <b>President's Day</b> No Swim Practices/Classes	22	23 <b>FAR</b> TSC & DTC 6/12(4) Lactate Tolerance	24	25 <b>FAR &amp; OPBT 7/12</b>	26
27 Wk 29 <b>Proverbs 18:24</b>	28 <b>FAR</b> ESC 7/12 (3)					

**Announcements:** (1) Sign-up Deadline February 11, 2022 for Heat Lightning & 8 & Under Champs (2) Sign-up Deadline is March 7<sup>th</sup> for the 2022 Long-Course Swim Season (Swim Team), and (3) Sign-up Deadline for our 2022 Spring Pre-Season Swim Camp (runs 3- 4 hours per class) is March 7<sup>th</sup>, 2022 & classes will be conducted March 21<sup>st</sup> thru March 25<sup>th</sup>, 2022 (Wk #1) & March 28<sup>th</sup> thru April 1<sup>st</sup>, 2022 (Wk #2) (No Practice will be conducted on February 7<sup>th</sup>, 2022 for Presidents Day & on March 7<sup>th</sup>, 2022 thru March 11<sup>th</sup>, 2022 for Spring Break).

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# March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 FAR & T-12 TSC & DTC 7/12(1)	3	4 FAR & OPBT 8/12	5 Heat Lightning & 8 & Under Champs – USA Swim Meet
6  Wk 30 1 Peter 1:7	7  Spring Break	8  Spring Break	9  Spring Break	10  Region 8 Sectionals - USA Swim Meet – Spring Break	11  Region 8 Sectionals - USA Swim Meet - Spring Break	12  Region 8 Sectionals - USA Swim Meet
13 Daylight Sav Tim Region 8 Sectionals - USA Swim Meet-Wk 31 1 Peter 1:7	14  FAR & Long-Course Swim Season Begins ESC 8/12 (1)	15	16  FAR TSC & DTC 7/12(2) 8 x 100 on 3min	17  St. Patrick's Day	18  FAR	19
20 Isaiah 40:30-31 Wk 32 March Equinox/Spring	21  PSC Wk1	22  PSC Wk1	23  PSC Wk1	24  PSC Wk1	25  PSC Wk1	26
27  Wk 33 Philippians 2:3	28  PSC Wk2	29  PSC Wk2	30  PSC Wk2	31  PSC Wk2		

**Announcements:** (1) Sign-up Deadline is March 7<sup>th</sup> for the 2022 Long-Course Swim Season (Swim Team), (2) Sign-up Deadline for our 2022 Spring Pre-Season Swim Camp (runs 3- 4 hours per class) is March 7<sup>th</sup>, 2022 & classes will be conducted March 21<sup>st</sup> thru March 25<sup>th</sup>, 2022 (Wk #1) & March 28<sup>th</sup> thru April 1<sup>st</sup>, 2022 (Wk #2) (3) Sign-up Deadline METS LC Kickoff is 3/25/2022). (No Practice will be conducted March 7<sup>th</sup>, 2022 thru March 11<sup>th</sup>, 2022 for Spring Break and during Pre-Season Swim Camp Weeks 1 & 2).

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# April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 PSC Wk2	2
3 Wk 34 Deuteronomy 7:9	4 FAR ESC 9/12 (1)	5	6 FAR & T-30 TSC & DTC 8/12(1)	7	8 FAR & PBT Sprint Series 8/12	9
10 Wk 35 1 Peter 2:9	11 FAR ESC 9/12 (2)	12	13 FAR TSC & DTC 8/12(2) Kobayshi Maru	14	15 Good Friday No Swim Practices/Classes	16 Holy Saturday
17 Wk 36 Easter Sunday Isaiah 26:3	18 Easter Monday Tax Day - No Swim Practices/Classes	19	20 FAR TSC & DTC 8/12(3)	21	22 FAR	23 METS Long Course Kickoff – USA Swim Meet
24 Wk 37 Luke 11:9-10	25 FAR ESC 9/12 (3)	26	27 FAR & OPBT 9/12 TSC & DTC 8/12(4)	28	29 FAR & PBT Sprint Series 9/12	30

**Announcements:** (1 ) Sign-up Deadline for 2022 Traube Memorial USA Swim Meet is 4/14/2022. (2) No Practice will be conducted on April 15<sup>th</sup>, 2022 (Good Friday), and April 18<sup>th</sup>, 2022 (Easter Monday).



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# May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Wk 38 Ecclesiastes 12:1	2 FAR ESC 10/12 (1)	3	4 FAR & T-12 TSC & DTC 9/12(1)	5	6 FAR & PBT Sprint Series 10/12	7
8 Wk 39 Mother's Day Galatians 5:22-23	9 FAR ESC 10/12 (2)	10	11 FAR TSC & DTC 9/12(2)	12	13 FAR	14 FAST - Traube Memorial Meet - USA Swim Meet.
15 Wk 40 Ruth 1:16-17	16 FAR ESC 10/12 (3)	17	18 FAR & Barefoot 300 TSC & DTC 9/12(3)	19	20 FAR & OPBT 10/12	21
22 Wk 41 Ephesians 3:17b-19	23 FAR ESC 10/12 (4)	24	25 FAR TSC & DTC 9/12(4)	26	27 Memorial Day Break No Swim Practices/Classes	28
29 Wk 42 Ezekiel 36:26	30 Memorial Day No Swim Practices/Classes	31				

**Announcements:** (1 ) Sign-up Deadline for 2022 CSP 84<sup>th</sup> Summer Invite is 5/19/2022, (2) Sign-up Deadline for METS 2022 Independence Celebration, is 6/10/2022 and (3) No Practice will be conducted on May 27, 2022 (Memorial Holiday Break) and May 30, 3033 (Memorial Day).

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# June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 FAR & PBT Sprint Series 11/12	4
5 Wk 43 2 Corinthians 5:17	6 FAR ESC 11/12 (1)	7	8 FAR & T-12 TSC & DTC 10/12(1)	9	10 FAR & OPBT 11/12	11
12 Wk 44 Father's Day Jude 1:24-25	13 FAR ESC 11/12 (2)	14	15 FAR TSC&DTC10/12(2) Lactate Tolerance	16	17 FAR	18
19 Wk 45 Esther 4:14	20 FAR ESC 5/12 (3)	21	22 SummerSoltice FAR & TSC&DTC10/12(3) 6X50 on 2min KB	23	24 FAR	25 CSP 84 <sup>th</sup> Summer Invite – USA Swim Meet
26 Wk 46 Hebrews 4:15-16	27 Summer Break	28 Summer Break	29 Summer Break	30 Summer Break		

**Announcements:** (1 ) Sign-up Deadline for METS 2022 Independence Celebration, is 6/10/2022, (2) Sign-up Deadline for 2022 Show Me State Swimming Games is 6/24/2022 and (3) No Practice will be conducted June 27<sup>th</sup>, 2022 thru July 1<sup>st</sup>, 2022 for Summer Break.

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# July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Summer Break	2
3 Wk 47 Lamentations 3:22-23	4 Independence Day No Practices & No Classes	5 CTC Wk1	6 CTC Wk1	7 CTC Wk1	8 CTC Wk1	9 METS Independence Celebration – USA Swim Meet.
10 Wk 48 1 Thessalonians 5:16-18	11 CTC Wk2	12 CTC Wk2	13 Region 8 Summer Sectionals USA Swim Meet & CTC Wk2	14 Region 8 Summer Sectionals - USA Swim Meet CTC Wk2	15 Region 8 Summer Sectionals - USA Swim Meet CTC Wk2	16 Region 8 Summer Sectionals – USA Swim Meet.
17 Wk 49 Daniel 12:3	18 FAR ESC 12/12 (1)	19	20 FAR, T-12 TSC&DTC11/12(1)	21	22 Show Me State Swimming Games–IISA	23 Show Me State Swimming Games – IISA Swim Meet
24 Wk 50 Revelation 3:20	25 FAR ESC 12/12 (2)	26	27 FAR & OPBT 12/12 & T-30 TSC&DTC11/12(2) 8x50 Stroke: 2min	28	29 FAR & PBT Sprint Series 12/12	30
31 Wk 51 Luke 2:6-7						

**Announcements:** (1) Sign-up Deadline for 2022 Championship Training Swim Camp is 7/4/2022, and (2) Registration/Membership & Program Sign-up Deadline for the 2022-2023 Annual Swim Season is August 1, 2022 and a late fee will be charged for returning swimmers who sign up after August 31, 2022, and (3) Pre-Season Swim Camp Sign-up Deadline is 8/15/2022 for Wk1 and 8/22/2022 for Wk2. No Practice will be conducted 8/8/2022 thru 8/12/2022 for our Annual End of Season Swim Break.

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# August 2022

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	<b>1</b> FAR	<b>2</b>	<b>3</b> FAR TSC & DTC 12/12(1)	<b>4</b>	<b>5</b> FAR – Last practice for 2021- 2022 SwimSeason	<b>6</b>
<b>7</b> Wk 52 Michah 6:8 & James 4:14	<b>8</b> Break End of Season	<b>9</b> End of Season Break	<b>10</b> End of Season Break	<b>11</b> End of Season Break	<b>12</b> End of Season Break	<b>13</b>
<b>14</b> Wk 1 Genesis 1:27	<b>15</b> ESC 1/12 (1) FAR & Start of 2022-2023 Annual Swim Season	<b>16</b>	<b>17</b> FAR TSC & DTC 1/12(1)	<b>18</b>	<b>19</b> FAR	<b>20</b>
<b>21</b> Wk2 Psalm 119:11	<b>22</b> PSC Wk1	<b>23</b> PSC Wk1	<b>24</b> PSC Wk1	<b>25</b> PSC Wk1	<b>26</b> PSC Wk1	<b>27</b>
<b>28</b> Wk3 Joshua 1:9	<b>29</b> PSC Wk2	<b>30</b> PSC Wk2	<b>31</b> PSC Wk2	PSC Wk2	PSC Wk2	

**Announcements:** (1 ) Registration/Membership & Program Sign-up Deadline for the 2022-2023 Annual Swim Season is August 1, 2022 and a late fee will be charged for returning swimmers who sign up after August 31, 2022, and (2) Pre-Season Swim Camp Signup Deadline is 8/15/2022 for Wk1 and 8/22/2022 for Wk2. No Practice will be conducted 8/8/2022 thru 8/12/2022 for our Annual End of Season Swim Break.