

**Bradford Swim Club Swim & Dive Team**  
**Summer 2024**

Welcome to BSC Swim Team 2024! My name is Emily Hogan and I am excited to be the Head Coach for this summer. We have an awesome team of coaches returning and joining us for this summer. They include Coaches Callie, Braedon, Hannah, Henry, Will and Pat!

Please note in order to join Swim Team swimmers must be able to swim without a flotation device. Swimmers ages 7-10 should be able to swim one lap of the pool (25 yards) and swimmers 11-18 should be able to swim 2 laps of the pool (50 yards).

**Practice Information:**

Practices are split by age groups.

Monday-Thursdays:

6 & Under: Monday & Wednesday 9:00-9:30am

7-8: Monday. Wednesday. Thursday 10:30-11:00am

9-10: Monday-Friday 10:00-10:30am

11-12: Monday-Friday 9:00-10:00am

13 & Over: Monday-Friday 7:45-9:00am

Dive: Tuesday & Thursday 9:00-10:00am

**Team Suit Information:**

Our Team Suit will be available on the Varsity Swim Shop Website, or links will be made available to purchase off amazon. More information on that to come!

**Parent Volunteers:**

We rely so much on our amazing parent volunteers! In order for meets to run smoothly we need volunteers to help as much as possible. It is requested that you volunteer at AT LEAST one meet/event per child you have on the team.

**Sign Ups:**

I will be sending out a Google Form for Swim Meet Sign ups. You cannot make changes to the (add your swimmer) entries less than one week out from the meet. I will be sending out a Sign Up Genius Link for volunteers for each meet/event for timing etc. Please be on the lookout for this.

**Swim Meets:**

If you can not attend the entirety of the meet, you **MUST** send us an email beforehand stating when you would need to leave by. This is to ensure that all swimmers can swim everything they are signed up for (**specifically relays**)

Wednesday, July 10th - Swim  
vs. Haverhill Country Club @ Home  
8:30am Warm Up, 9:00 Start

Wednesday July 17-Swim  
@Indian Ridge  
4:15 Warm Up, 4:45 Start

Friday, July 19th - Swim and Dive  
Vs Russell Mill @Home  
7:30 Warm up, 8:30 Start  
Dive followed by Swim

Friday, July 26th - Swim and Dive  
vs. Cedardale@ Home  
7:30 Warm Up, 8:30 Start  
Swim Followed by Dive (Dive Warm Up Expected @11:00)

Wednesday, July 31st- Swim  
vs. ANA @Home  
8:00 Warm up, 8:30 Start

**Fundraising:**

Please help us by supporting our fundraisers! These also include bake sales at our home meets! Other fundraising events may pop up in the future.

**Champs Week!:**

Champs Week Falls from August 5th-August 10th. This is a busy week! Please see the following page for more information.

**Contact Information:**

Please email me with any questions! Email: [swimcoach@bradfordswimclub.com](mailto:swimcoach@bradfordswimclub.com)  
Also feel free to joining the BSC parent Facebook Page: BSC Swim/Dive Parent Group

**Schedule** (subject to change):

Monday	Tuesday	Wednesday	Thursday	Friday
June 17th First Day of Practice!!	June 18th	June 19th	June 20th	June 21st
June 24th	June 25th	June 26th	June 27th	June 28th Time Trials during Practice
July 1st	July 2nd	July 3rd	July 4th NO Practice	July 5th
July 8th	July 9th Pasta Dinner @ 6	July 10th Meet vs HCC @Home	July 11th	July 12th
July 15th	July 16th	July 17th Meet vs Indian Ridge @IR	July 18th	July 19th Meet vs Russell Mill @Home
July 22nd	July 23rd	July 24th	July 25th	July 26th Meet vs Cedardale @Home
July 29th	July 30th	July 31st Meet vs ANA @Home	August 1st	August 2nd
August 5th	August 6th Dive Champs @Russell Mill	August 7th Pasta Dinner @6:00	August 8th 6&U Champs @Cedardale	August 9th

## **Champs Week!**

Champs Week Falls from August 5th-August 10th.

Keep an eye out for different events and Spirit Week Days!!

## **Champs Time Information!**

Ages 7-18:

We will have regular practice Monday-Thursday.

Champs is Saturday, August 10th at Cedardale.

7:15am Warm Up, 8:30am/8:45am Start.

6 & Under:

We will have regular practice Monday & Wednesday.

6 & Under Champs & Ice Cream Social at Cedardale Thursday, August 8th.

10:30am Warm Up, 11:15am Start

Diving:

Dive Champs will be Tuesday, August 6th at Russell Mill.

1:30pm Warm Up, 3:30pm Start