

2024 CALENDAR & PRACTICE SCHEDULE

APRIL

- Mon., April 1 - Registration Opens
- Sat., April 27, 2pm - Registration Day and All Parent Meeting @ SRA

MAY

- Tues., May 14 - Weekday Afternoon Practices Begin
- Wed., May 15 - Suits & Salsa @ Disco Sports (1400 Starling Rd, going on all day during regular business hours) & Chipotle (8675 Quioccasin Rd, Richmond, VA 23229 (4-8 pm)
- Fri., May 24, - No practice
- Mon., May 27, Memorial Day - No practice
- Fri., May 31 - Last day for early registration (\$5 discount)

JUNE

- Fri., May 24 - Deadline to register in order to participate in the first meet (Don't forget the JRAC waiver!)
- Sat., June 1 - Saturday morning practices begin
- Sat., June 1, 11:00am - Mini Meet - Practice meet for all new swimmers
- Sun., June 2, **Meet #1** (West @ SRA)
- Tue., June 4 - Weekday morning practices begin
- Tue., June 4 - Afternoon practice times change
- Mon., June 10, **Meet #2** (CCV @ SRA)

JUNE (cont'd)

- Wed., June 19, 6:00pm - Lip Sync (prepare NOW!)
- Mon., June 17, **Meet #3** (KRA @ SRA)
- Mon., June 24, **Meet #4** (SRA @ ARA)
- Mon., June 24 - Friday June 29-Coaches Appreciation Week
- Wed., June 26 - Water Country (Tentative)

JULY

- Mon., July 1, **Meet #5** (SRA @ West)
- Mon., July 8, Pancake Breakfast; **Meet #6** (SRA @ RT)
- Tue., July 9 - Last 8 & Under party; last practice for first-year 8 & Unders
- Thur., July 11 - Championship Meet entries posted
- Mon., July 15 - No afternoon practice
- Tue., July 16, 5:00 pm - Championship Pep Rally
- Wed., July 17 - **JRAC Swim Champs** @ NOVA Aquatics Regency
- Thur., July 18 - Jason's Deli Post Champs Dinner for all swimmers and families
- Fri., July 19, 6:00 pm - Awards Program for all swimmers and families. Dance party follows (Rain Date Sat., July 20, 2pm)

AFTERNOON PRACTICES MON-FRI (5/14 - 5/31):

- 8 & Unders: 4:00 – 4:30 PM
- 8 & Unders: 4:30 – 5:00 PM
- 9-12 year-olds: 5:00 – 5:45 PM
- 13 & Up: 5:45 – 6:30 PM

SATURDAY MORNING PRACTICES (BEGINNING 6/1)

- 8 & Unders: 9:00 – 10:00 AM
- 9-12 year-olds: 10:00 – 11:00 AM
- 13 & Up: 11:00 AM – 12:00 PM

MORNING PRACTICES MON-FRI (BEGINNING 6/4):

- 9-12 year-olds: 9:00-9:45 am
- 8 & Unders 9:45-10:30 am
- 13 & Up: 10:30-11:30 am

AFTERNOON PRACTICES MON-FRI (BEGINNING 6/4):

- 8 & Unders: 3:15-4:00 pm
- 9-12 year-olds: 4:00-5:00 pm
- 13 & Up: 5:00-6:00 pm

***Practice times are subject to change depending on group sizes. Coach Mike will communicate if there is an opportunity for double practices.*