



Norbs Swim Team
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Norbs Team Schedule 2019

Practice schedule on the reverse side of this sheet. Check the Norbs Newsletter for additional information and schedule changes.

Date	Time	Event	Location
Tuesday, May 28	4:00 pm	Practice begins	
Saturday, June 15	8:00 am	Time Trials and Pancake Breakfast for 10 & under Swimmers should be ready to swim at 7:50 am	
	9:30 am	Time Trials and Pancake Breakfast for 11 & up Swimmers should be ready to swim at 9:20 am	
Wednesday, June 19	5:30 pm	Grosse Pointe Park Dual Meet Submarine Night after the meet	Home
Saturday, June 22	9:00 am	Grosse Pointe Park Mini-Meet Swimmers check in at 8:15 am	Home
Wednesday, June 26	5:30 pm	Grosse Pointe Shores Dual Meet	Grosse Pointe Shores
Saturday, June 29	10:00 am	Relay Meet Swimmers check in at Neff Park Pavilion at 8:30 am No practice for swimmers not in the Relay Meet	St Clair Shores
Wednesday, July 3	5:30 pm	St Clair Shores Dual Meet Ice Cream Social after the meet	Home
Thursday, July 4		No Practice	
Wednesday, July 10	3:30 pm	Team Picture Norbs Team Finals T-Shirt orders due Finals Ads Due	
	5:30 pm	Grosse Pointe Farms Dual Meet Coney Night and Talent Show after meet	Home
Saturday, July 13	9:00 am	Grosse Pointe Shores Mini-Meet Swimmers check in at 8:15	Home
Wednesday, July 17	5:30 pm	Grosse Pointe Woods Dual Meet	Grosse Pointe Woods
Thursday, July 18	Morning	Last practice for entire team Finals lineup posted	
	Afternoon	Practice for finals swimmers only Finals program ads due	
Monday, July 22	6:00 pm	Norbs Prelim Pasta Dinner	Neff Park Pavilion
Tuesday, July 23	TBD	Championship Meet Preliminaries	Hosted by GPS at Grosse Pointe Woods
Wednesday, July 24	5:30 pm	Championship Meet Finals Dinner after meet	Hosted by GPS at Grosse Pointe Woods
Thursday, July 25	6:00 pm	Awards Banquet	Neff Park Pavilion

Norbs Practice Schedule

	School Day Schedule Tuesday, May 28 – Friday, June 14		Summer Schedule Monday, June 17 – Thursday, July 18	
	Monday – Friday	Saturday	Monday – Friday	Saturday
8 & Under	4:00 – 5:00 pm	8:00 – 9:00 am	8:00 – 9:00 am 4:00 – 5:00 pm	8:00 – 9:00 am
10 & Under	4:00 – 5:00 pm	8:00 – 9:30 am	8:00 – 9:30 am 4:00 – 5:00 pm	8:00 – 9:30 am
11 & Up	5:00 – 6:00 pm	9:30 – 11:00 am	9:30 – 11:00 am 5:00 – 6:00 pm	9:30 – 11:00 am

Swimmers should be ready to get in the water about ten minutes before their scheduled practice time.

Practice Schedule Changes

Saturday, June 22	No practice for all age groups due to mini-meet
Friday, June 28	No practice for 10 and under; 11 and up practice 8:00 – 9:30am due to Splash Party
Saturday, June 29	No practice for swimmers not in Relay Meet
Thursday, July 4	No practice for all age groups
Saturday, July 13	No practice for all age groups due to mini-meet
Thursday, July 18	Last morning practice for entire team; afternoon practice for prelims swimmers only

Finals Practice Schedule

Thursday, July 18	All prelims swimmers practice at normal afternoon practice times
Friday, July 19	All prelims swimmers practice 8:00 – 9:30am due to Splash Party All prelims swimmers practice at normal afternoon practice times
Saturday, July 20	All prelims swimmers practice at normal morning practice times (morning only)
Monday, July 22	All prelims swimmers practice at normal practice times (morning and afternoon)
Tuesday, July 23	Prelims in the morning, no afternoon practice
Wednesday, July 24	All finals qualifiers practice 9:30 – 11:00 am

Swimmers code of conduct

The swimmers' code of conduct is designed to enhance the team experience for all participants. Each swimmer and a parent/guardian should read over the code of conduct together.

1. Swimmers are expected to be on time for each practice. Training time should be considered vital. It is expected that each swimmer works hard for daily improvement and tries to do their best at all practices and meets.
2. Cooperation is expected with your coaches and teammates at all times.
3. Team success is put before individual accomplishment. Be supportive of your teammates at practice and at meets.
4. Appropriate behavior is essential at all practices, meets, and whenever you represent the team.
5. Team members promote and maintain all the elements of good sportsmanship and fair play.
6. The coaches are responsible for practice schedules, lane assignments, and meet line-ups. These decisions must be respected by parents and swimmers.
7. The decisions of meet officials are final and not to be disputed.
8. Verbal or physical confrontation will not be tolerated in any instance.
9. Any behavior that can be construed as intimidating, humiliating, harassing, threatening or embarrassing to teammates, officials, or opponents is unacceptable.

The coaching staff expects 100-percent compliance with the code of conduct. Failure to adhere to the policies may result in loss of swim meet assignments.