

## 2026 Summer Competition Team Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>*NO PRCT JULY 23 @WCCC</b>	<b>*NO PRCT JULY 3 OR 24 (PM) @WCCC</b>	
Nat-D (Mike)	5:00-7:00 AM (WCCC) 4:30-7:00 PM (SHAC) [Strength 4:30-5:15]	4:30-7:00 PM (WCCC) [Strength 4:30-5:15]	5:00-7:00 AM (WCCC) 4:30-7:00 PM (SHAC) [Strength 4:30-5:15]	4:30-7:00 PM (WCCC) [Strength 4:30-5:15]	5:00-7:00 AM (WCCC) ***see LC Prct Sch.	6:00-8:00 AM (WCCC) ***see LC Prct Sch.
A2 (Mike)	4:30-7:00 PM (SHAC) [Strength 4:30-5:15]	6:15-8:00 AM (SHAC) 4:30-7:00 PM (WCCC) [Strength 4:30-5:15]	4:30-7:00 PM (SHAC) [Strength 4:30-5:15]	4:30-7:00 PM (WCCC) [Strength 4:30-5:15]	***see LC Prct Sch.	6:00-8:00 AM (WCCC) ***see LC Prct Sch.
A1 (Dani)	4:00-6:15 PM (WCCC) [Strength 5:45-6:15]	5:15-7:30 PM (SHAC) [Strength 7-7:30]	4:00-6:15 PM (WCCC) [Strength 5:45-6:15]	6:15-8:45 AM (SHAC) [Strength 8:15-8:45] 5:15-7:00 PM (SHAC)	8:45-10:30 AM (CITY) **June 19 only ***see LC Prct Sch.	***see LC Prct Sch.
Pre-Adventure (Garrett)	5:15-7:00 PM (WCCC)	4:00-6:15 PM (WCCC) [Strength 5:45-6:15]	5:15-7:00 PM (WCCC)	4:00-6:15 PM (WCCC) [Strength 5:45-6:15]	5:15-7:00 PM (WCCC) ***see LC Prct Sch.	***see LC Prct Sch.
Explorers (SHAC) (Garrett)	7:30-9:00 AM (SHAC)	4:00-5:30 PM (WCCC)	7:30-9:00 AM (SHAC)	None	5:15-7:00 PM (WCCC)	
Explorers (Tammy)	5:15-7:00 PM (WCCC)	None	5:15-7:00 PM (WCCC)	None	5:15-7:00 PM (WCCC)	
Explorers (Kirsten/Kate)	None	4:00-5:30 PM (WCCC)	None	4:00-5:30 PM (WCCC)	5:15-7:00 PM (WCCC)	
Senior Dev. (Colby)	4:00-5:30 PM (WCCC) [Strength 5:40-6 PM]	6:45-8:30 PM (WCCC)	None	6:45-8:30 PM (WCCC)	4:00-5:30 PM (WCCC) [Strength 5:40-6 PM]	

Pre-Team swimmers should sign up for Summer Swim Team at [WWW.susaSUMMERteam.com](http://WWW.susaSUMMERteam.com)

High School Development swimmers should sign up for Summer Session at [www.susaSTINGRAYS.com](http://www.susaSTINGRAYS.com)

## LC Practices at Utah Tech (High Performance Teams)

Friday, May 1 4:00-6:00 PM (4:15-5:45 PM) – 5 lanes <i>We help clean up</i>	A1 (Dani) A2 & Nat D (Mike)
Friday, May 29 4:00-5:45 PM (4:15-5:45) – 5 lanes	A1 (Dani) A2 & Nat D (Mike)
Saturday, May 30 10:00-12:00 PM (10:15-11:45) – 5 lanes? <i>We help cleanup</i>	Pre-A (Garrett) A2 & Nat D (Mike)
Friday, June 5 4:00-5:45 PM (4:15-5:45) – 3 lanes	A2 & Nat D (Mike)
Friday, June 26 4:00-5:45 PM (4:15-5:45) – 4 lanes	A1 (Dani) Pre-A (Garrett)
Friday, July 10 4:00-5:45 PM (4:15-5:45) – 5 lanes	A2 & Nat D (Mike)
Saturday, July 11 12:00-2:00 PM (12:15-1:45 PM) – 4 lanes? <i>We help cleanup</i>	A1 (Dani) Pre-A (Garrett)
Friday, July 17 4:00-5:45 PM (4:15-5:45) – 3 lanes	A2 & Nat D (Mike)
Saturday, July 18 10:00-11:45 AM (10:15-11:45) – 3 lanes	A2 & Nat D (Mike)

## Announcements

Saturday, May 2 – Parade Lineup @ Washington Elem between 8-8:30 AM

Friday, May 8 – Splash-a-Thon @WCCC

- See website for assigned times to swim
- Swimmers must have a person to count for them (one adult can count for two swimmers)

Friday, May 8-Saturday, May 9 – Lights Out-Lock In @WCCC

- Check in at 9:30 PM – bring waivers
- Must wear closed-toe shoes
- Sign up for donating food items – counts for Service Credits
- Chaperones must complete the Adult SafeSport Course online (instructions on website)
- Chaperones still needed 1-4 AM

**DEADLINE for FUNDRAISING: May 24 (Sunday)**

**DEADLINE to complete SERVICE CREDITS: May 23 (Saturday)**

Signup for Swimvitational on our website – May 22-23

Signup for Utah Summer Games – link on our website – June 5-6