## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
28	29	30	<b>31</b> Tidal Waves 5:15 - 6:15	1	2	3	R	emaining Short Course Meets:
		Senior DL : 5:45 - 7:05		Senior DL : 5:45 - 7:05	Region Championiships - BHAM	Region Championiships - BHAM	February 2-4:	Region 3 Championships Prelim/Final NON-SES Qualiifers Only
	Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p	Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p	Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p	Black/Senior Group 4:30 - 6:30p (NO BLACK GROUP DRYLAND) Red Group 6:00 - 7:45p	SES Qualifer Practice: 5:00p - 7:00p	SES Qualifer Practice: 8:00 - 10:00a Bring old tech suit	February 16-18:	Southeastern Championships (HAS) Swimmers must have qualifying times
	White Group 6:30 - 7:45p	Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	All DAWGS 7:00 - 7:45	Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50			April 20-21	Long Course Schedule Birmingham
4	5	6	7 Tidal Waves 5:15 - 6:15	8	9	10	May 11-12	Pananma City
Region Championiships - BHAM		Senior DL : 5:45 - 7:05		(NO SENIOR AM DRYLAND)			May TBD	OST Test Meet in New Pool
		Black/Senior Group 4:30 - 6:30p	Black/Senior Group 4:30 - 5:45p	Black/Senior Group 4:30 - 6:30p	SES Qualifer Practice: 5:00p - 7:00p	SES Qualifer Practice: 8:00 - 10:00a	June 7-9 June 22-23	Birmingham Columbus , GA
	Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10	White Group 5:45 - 7:00p All DAWGS 7:00 - 7:45	(NO BLACK GROUP DRYLAND) Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10		Bring old tech suit	July 19-21 July 26-28	Southeastern Championships (HSA) Futures
		Dawgs 2: 7:10 - 7:50		Dawgs 2: 7:10 - 7:50				Summer Aquatics Jobs
11	12	<b>13</b> Senior DL : 5:45 - 7:05	<b>14</b> Tidal Waves 5:15 - 6:15	15 SES Championships - Huntsville	16 SES Championships - Huntsville	17 SES Championships - Huntsville	Any Swimmesr 15 and Over wanting to help coach the summer swim team / lifeguard / teach swim lessons need to email tmcgill@opelika-al.gov (coaching/lessons) or jperkins@opelika al.gov (lifeguard).	
	Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p	Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> Red Group 6:00 - 7:45p	Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p	NO PRACTICE - COACHES TRAVELING TO HUNTSVILLE				
	White Group 6:30 - 7:45p	Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	All DAWGS 7:00 - 7:45					neral Notes and Important Dates: S Championships and the end of March there
18	19	20	<b>21</b> Tidal Waves 5:15 - 6:15	22	23	24		ur Friday / Saturday Schedule:
SES Championships - Huntsville	Lifeguard In Service				DADDY DAUGHTER DANCE NO PRACTICE Auburn University is hosting the SEC Championships from the 20th-24th. I would encourage families and swimmers to go watch if they are able to get tickets. Preliminary sessions (AMs) will be easier to get tickets for. More Information here: https://www.secsports.com/article/11037827/championships-swimming- diving. Tickets are not available until February 1st.			White Group ONLY on Friday d Senior Group ONLY on Saturday
	NO PRACTICE	Black/Senior Group 4:30 - 6:30p	Black/Senior Group 4:30 - 5:45p	Black/Senior Group 4:30 - 6:30p			NO Practice on 2/19 for Life Guard In Service	
	No Lessons	Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	White Group 5:45 - 7:00p All DAWGS 7:00 - 7:45	Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50				ple of Practices only for those who have SES Championships on 2/2, 2/3, 2/9, and 2/10
25	26	27	<b>28</b> Tidal Waves 5:15 - 6:15	29	1	2	SENIOR GROU	P AM DRYLAND INFO:
		Senior DL : 5:45 - 7:05		Senior DL : 5:45 - 7:05		Black / Senior: 7:45 - 10:15	dryland schedul	already have their SES Cuts will have normal e until 2/1, and then Tuesday AMs only until
	Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p	Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p	Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p	Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p	Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15		SES Champs. BLACK GROUP DRYLAND INFO: Starting 1/30 Black Group will only have dryland on Tuesday afternoons until the SES Championships.	
	White Group 6:30 - 7:45p	Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	All DAWGS 7:00 - 7:45	Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50				

		Meet Schedule April - August					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
25	<b>26</b> Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	27 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	28 Tidal Waves 5:15 - 6:15 Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p All DAWGS 7:00 - 7:45	29 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	<b>1</b> Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15	2 Black / Senior: 7:45 - 10:15	Long Course ScheduleApril 20-21BirminghamMay 11-12Pananma CityMay TBDOST Test Meet in New PoolJune 7-9BirminghamJune 22-23Columbus , GAJuly 19-21Southeastern Championships (HSA)July 26-28Futures
3	<b>4</b> Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	<b>5</b> Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	6 Tidal Waves 5:15 - 6:15 Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p All DAWGS 7:00 - 7:45	<b>7</b> Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	<b>8</b> Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15	<b>9</b> Black / Senior: 7:45 - 10:15	Upcoming Summer Swim Information:   Summer Swim Team Registration Opens April 1st:   Important Summer Swim Dates:   June 6, 13, 20, 27   Thursday Meets   July 12-13   Districts (Opelika)   July 26-27
10	<b>11</b> Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	<b>12</b> Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	<b>13</b> Tidal Waves 5:15 - 6:15   NO PRACTICE COACHES MEETINGS	<b>14</b> Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	<b>15</b> Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15	16 Black / Senior: 7:45 - 10:15	Any Swimmesr 15 and Over wanting to help coach the summer swim team / lifeguard / teach swim lessons need to email tmcgill@opelika-al.gov (coaching/lessons) or jperkins@opelika- al.gov (lifeguard). <u>General Notes and Important Dates:</u> Regular Schedule Tuesday/Thursday Drylands for Black and
17	<b>18</b> Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	<b>19</b> Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	20 Tidal Waves 5:15 - 6:15 Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p All DAWGS 7:00 - 7:45	<b>21</b> Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	<b>22</b> Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15	23 Black / Senior: 7:45 - 10:15	Senior Groups start 2/27. Some practices may be cancelled March 4-7 due to Auburn University / Auburn City School Spring Break. No Practice on 2/13 for Coaches to plan for summer
24	<b>25</b> Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	26 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 CAMP OST 6:30 - 7:30	<b>27</b> Tidal Waves 5:15 - 6:15 Black/Senior Group 4:30 - 5:45p Red Group 6:00 - 7:45 White Group 6:00 - 7:45	28 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 CAMP OST 6:30 - 7:30	<b>29</b> Underwater Egghunt - (No Practice)	<b>30</b> Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30	