

## **2018 Russell Mill Preseason Practices:**

### **Monday 6/18- Thursday 6/21**

Due to the elongated school days in Chelmsford, this year we will have 3 practices for preseason 100% based on which level school they are at. These four days will allow our coaching staff the opportunity to do some drill focused sets and help evaluated which practice group will be best for swimmers. Regular practice and times will begin Monday June 25<sup>th</sup>. All 6 and under swimmers will begin on June 25<sup>th</sup> as well.

All High School aged swimmers: 3:15-4:15

All Middle School aged swimmers: 4:15-5:00

All Elementary aged swimmers: 5:00-5:30