



HOPEWELL VALLEY Swim Team 2025

Practices

- **organized by age group**
Swimmers' ages for the season determined by age on 6/1/25.
- **weekdays only:**
afternoons June 10, 11, 12, 16-19;
mornings June 23 - July 28.
- ♦ **AM practice times:** will be in Parent Packet; may fluctuate depending on numbers; in 7:15-10:15 window
- **swimmers should arrive and depart practices on time, and should be prepared with:**
 - ♦ suit, cap, goggles
 - ♦ towel and water/sports drink
 - ♦ clothes and sneakers for dryland

Meets

- **Dual Meets:** 6 or 7, on Tuesday or Thursday evenings 4:45 - 8:15.
- **1st Meet: June 24th or 26th.**
Mandatory for ALL swimmers & at least 1 parent of each swimmer
- **Mini Meet: July 12th:** (the only weekend event) mid-season meet for swimmers 10 & younger only
- **Championship Meet:** Monday and Tuesday July 27 & 28, during the day. Competition day and time dependent on age and gender. Schedule to be released.
- **Parents make meets possible!**
All parents are required to sign up for 4 meet jobs each season.

Who:

Swimmers ages 4-18* are welcome to participate!

*Swimmers 10 and younger must be able to independently complete one length of the pool, and must be familiar with freestyle; 11 and older must be able to independently complete two consecutive lengths of the pool, and must be familiar with freestyle and at least one other stroke.

When:

Practices and competitions take place weekdays from June 10th - about July 28th (dependent on participation in Championship Meet). See the left column for more info.

Where:

All practices are at Hopewell Tennis & Swim Center:

111 Titus Mill Road, Pennington, NJ 08534

Dual Meets usually alternate between taking place at our home pool and the nearby pools in our division.

PASDA Championships will be at Community Park Pool.

Important Information / Sign Up

Registration: is [linked here](#). Due June 1, or when maximum number of participants is reached (whichever happens first).

Parent Info Packet: forthcoming, will be linked on website.

Important Upcoming Dates:

- Parent Info Meeting: Friday, May 19 at 6:00 PM
(A link will be sent via email to all registered to join virtually.)
- "Try-outs": 6/5 (weather date 6/9) time TBD, but will be in the afternoon. REQUIRED for NEW, non-club swimmers.
- Coach/Swimmer Meet & Greet: 6/9 (afternoon, time TBD)

See you at the pool!