

NOVA SYNCHRO YEAR-AT-A-GLANCE 2018-2019

SEPTEMBER

- 6 First practice & Competitive Registration Day
- 10 First Monday Practice
- 15 **Synchro Summit (NO PRACTICE-Coaches only)**
- 20 **Teams Announced**
- 22 **First Extra Routine practice**
- 25 Learn to Synchro 1 Fall Starts & Registration @ TRC
- 27 **Meet & Greet and Travel Meeting (6:00-8:30 Kinette Room)**
- 30 Extra Routine Make-Up Practice (10am-1pm @ UofA)

OCTOBER

- 8 NO PRACTICE - Thanksgiving
- 9 Little Synchro Fall Starts & Registration @ TRC
- 14 **Choreography Camp – Duets (9am-1pm @ UofA)**
- 20 **Swim-a-thon - 8:00-12:00pm @ UofA**
- 25 Halloween Party (6:00-6:30pm @ KSM)

NOVEMBER

- 4 **Choreography Camp – Teams (9am-1pm @ UofA)**
- 10 Saturday Practice @ Kinsmen
- 13 NO PRACTICE – **Competitive swimmers train on Nov 12 @ KSM**
- 24 **Capital Region Figure Meet (UofA West Pool)**
- 27 Bring-a-Friend – Learn to Synchro & Little Synchro

DECEMBER

- 15 **Christmas Watershow @ UofA (ALL)**
- 18 Last practice for Learn to Synchro & Little Synchro

Dec 21-Jan4 Christmas Break

JANUARY

- 5 First practice back
- 8 Learn to Synchro Winter Refresher Starts @ TRC
- 15 Little Synchro Winter Refresher Starts @ TRC

FEBRUARY

- 14 Valentine's Day Party (6:00-6:30pm @ KSM)
- 16-18 NO PRACTICE – Family Day Weekend
- 26 Learn to Synchro 1 & 2 Spring Session Starts @ TRC

MARCH

- 7-10 **Wildrose Classic Qualifier, Calgary (Repsol)**
- 11 NO PRACTICE
- 12 Little Synchro Spring Session Starts @ TRC
- 13 13-15 Make-Up Practice @ KSM (TBC)
- 20 13-15 Make-Up Practice @ KSM
- 23-29 NO PRACTICE - Spring Break
- 30 PRACTICE – Spring Break

APRIL

- 22** PRACTICE – Easter Monday
26-28 **Wildrose Classic**, Edmonton (Kinsmen)
29 NO PRACTICE
30 Bring-a-Friend – Learn to Synchro 1 & 2 and Little Synchro

MAY

- 1** 13-15 Make-Up Practice @ KSM
17-19 **Jean Peters**, Nanaimo
20-22 NO PRACTICE (ALL)

JUNE

- 1** **Year End Watershow @ UofA (ALL)** – BBQ to Follow

Mandatory practices before competition:

1. February 27th to March 8th - Wildrose Qualifier
2. April 18th to April 25th - Wildrose Classic
3. April 30th to May 16th – Jean Peters