

# WELCH

## June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6 <b>First Regular Practice</b> 6:45-9:45 (all weekdays unless noted)	7	8	9	10 <b>Shark Tank Sprint Meet</b> 8:00-10:00
11	12	13 <b>Away Meet (Penns Valley)</b>  Theme: <i>Hawaiian</i>	14	15	16 <b>Modified Practice</b> 11+ from 8-8:45 9-10 from 8:45-9:30 8&U from 9:20-9:55	17
18	19 <b>Ice Cream Social!</b> 6:00pm @ Holmes Foster Park	20 <b>Concession Donations Due</b>	21	22 <b>Home Meet (Park Forest)</b>  Theme: <i>Welch Gear Team Picture!</i>	23  Modified Practice	24 <b>Day of Joy Relay Meet @ PF</b> 8:00-noon
25	26	27	28	29 <b>Away Meet (SPRA)</b>  Theme: <i>All Things GOLD!</i>	30  Modified Practice	1

# WELCH

## July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4  <b>Penny Day!</b>	5 <b>Modified Practice</b> 11+ from 8-8:45 9-10 from 8:45-9:30 8&U from 9:20-9:55	6 <b>Away Meet (Park Forest)</b>  Theme: <i>Red, White, &amp; Blue</i>	7  Modified Practice <b>LATE NIGHT SWIM</b> 7:30-9:30pm	8
9	10	11	12	13 <b>Home Meet (SPRA)</b>  Theme: <i>80s Night</i>	14  Modified Practice	15
16	17 <b>Delgrosso's Day</b>	18	19	20 <b>Home Meet (Penns Valley)</b>  Theme: <i>Pajamas</i>	21  Modified Practice	22
23	24	25 <b>Champs at Park Forest – Ages 11+</b>  Theme: <i>Superheroes</i>	26	27 <b>Champs at Penns Valley – 10 &amp; Under</b>  Theme: <i>Superheroes</i>	28 <b>Team Awards &amp; Brunch</b> 8:30-10:30am Welch Pool	29