



SPRING 2019 GROUP I



Swimmer's Legal Name: _____ Date of Birth _____

Mailing Address _____ City _____ State _____ Zip _____

Parent / Best Contact Person _____ Relationship to Swimmer _____

E-Mail(s) _____

Phone Number(s) – For emergency only: _____

- | | |
|-----------------------|----------------------------------------------------------------------|
| SPRING SESSION | April 2nd - June 17th |
| SCHEDULE | See Practice & Race Clinic Calendars for Days & Times |
| COST | \$500 *includes 4 Race Clinics \$100 value (see last page) |
| TO REGISTER | Deliver Forms / Check to Coach Mike or Tiny at practice. |
| SUMMER | Evening Clinics / Swims in July at TCNJ - more info soon. |

**Eastern Express Swim Team
Group 1 Spring Schedule
APRIL 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 1st	April 2nd 6:30pm to 8:00pm	April 3rd 6:30pm to 8:00pm	April 4th 6:30pm to 8:00pm	April 5th	April 6th 9:00am to 10:30am
April 7th 9:00am to 10:30am	April 8th	April 9th 6:30pm to 8:00pm	April 10th 6:30pm to 8:00pm	April 11th 6:30pm to 8:00pm	April 12th	April 13th 9:00am to 10:30am
April 14th 9:00am to 10:30am	April 15th	April 16th 6:30pm to 8:00pm	April 17th 6:30pm to 8:00pm	April 18th 6:30pm to 8:00pm	April 19th	April 20th 9:00am to 10:30am
April 21st EASTER	April 22nd	April 23rd 6:30pm to 8:00pm	April 24th 6:30pm to 8:00pm	April 25th 6:30pm to 8:00pm	April 26th	April 27th 9:00am to 10:30am
April 28th 9:00am to 10:30am	April 29th	April 30th 6:30pm to 8:00pm				

Eastern Express Swim Team Group 1 Spring Schedule MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			May 1 st 6:30pm to 8:00pm	May 2 nd 6:30pm to 8:00pm	May 3 rd	May 4 th 9:00am to 10:30am
May 5 th 9:00am to 10:30am	May 6 th	May 7 th 6:30pm to 8:00pm	May 8 th BANQUET Trenton Country Club	May 9 th 6:30pm to 8:00pm	May 10 th	May 11 th 9:00am to 10:30am
May 12 th 9:00am to 10:30am	May 13 th	May 14 th 6:30pm to 8:00pm	May 15 th 6:30pm to 8:00pm	May 16 th 6:30pm to 8:00pm	May 17 th	May 18 th TIGER MEET LCM Princeton *Silver Time Cuts
May 19 th TIGER MEET LCM Princeton *Silver Time Cuts	May 20 th	May 21 st 6:30pm to 8:00pm	May 22 nd 6:30pm to 8:00pm	May 23 rd TCNJ Graduation	May 24 th	May 25 th 9:00am to 10:30am
May 26 th 9:00am to 10:30am	May 27 th	May 28 th 6:30pm to 8:00pm	May 29 th 6:30pm to 8:00pm	May 30 th 6:30pm to 8:00pm	May 31 st	

Eastern Express Swim Team Group 1 Spring Schedule JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						June 1st 9:00am to 10:30am
June 2nd 9:00am to 10:30am	June 3rd	June 4th 6:30pm to 8:00pm	June 5th 6:30pm to 8:00pm	June 6th 6:30pm to 8:00pm	June 7th	June 8th No Practice Special Olympics at TCNJ
June 9th No Practice Special Olympics at TCNJ	June 10th	June 11th 6:30pm to 8:00pm	June 12th 6:30pm to 8:00pm	June 13th 6:30pm to 8:00pm	June 14th	June 15th MMM MEET TCNJ All EEX Invited
June 16th MMM MEET TCNJ All EEX Invited	June 17th END OF SPRING SESSION	June 18th	June 19th	June 20th	June 21st	June 22nd
June 23rd	June 24th	June 25th	June 26th	June 27th	June 28th SUMMER SIZZLE EEX Hosted at RU Long Course	June 29th SUMMER SIZZLE EEX Hosted at RU Long Course
June 30th SUMMER SIZZLE Long Course EEX Hosted at RU						

Long Course Meter Racing / Practices only for those most interested, committed and qualified for this type of venue.



EASTERN EXPRESS
RACE CLINIC
 TCNJ



With Summer League just around the corner, Eastern Express looks forward to providing swimmers with additional opportunities to focus on
STARTS, TURNS, and FINISHES

Clinics are open to all levels of swimmers, given that they have some rec, summer, competitive team experience or higher levels of SwimAmerica

Eastern Express Team Members and Pre-Team members: *Select four clinic dates of your choice (paid for as part of EEX Team Spring Tuition)*
Swimmers may sign up for additional clinics at \$25 each if interested in attending more than four

RACE CLINIC CALENDAR

Saturdays 10:30am to 11:15am URNS	Sundays 10:30am to 11:15am STARTS
April 6 th	April 7 th
April 13 th	April 14 th
April 20 th	April 21 st Easter No Clinic
April 27 th -	April 28 th
Saturdays 10:30am to 11:15am STARTS	Sundays 10:30am to 11:15am URNS
May 4 th	May 5 th
May 11 th	May 12 th
May 18 th	May 19 th
May 25 th	May 26 th -
June 1 st	June 2 nd

June 15th and 16th: EEX Hosted Miles, Middies, Minis Meet at TCNJ (USA swim meet)

JULY Evening Swims & Race Clinics at TCNJ – info coming later this spring