



TEAM MILLENNIUM

2025 SUMMER

Jun 2 - July 23, 2025 (Fenwick groups)
(until July 31 @ Ridgeland groups)

We are excited to get the SUMMER SEASON underway. The first week of the season will be early after school practice times. On June 9, (once schools are out) we will start our AM practice schedule at FENWICK & RIDGELAND pools.

Returning swimmers should register for the group they were in this SPRING - or the past winter/fall season...if changes need to be made, we will notify you!

NEW SWIMMERS must attend a NEW SWIMMER placement...so that we can assess team readiness as well as proper group assignment. Check the website for the **SIGN UP GENIUS** so that you can secure a placement slot.

[CLICK HERE to connect to SIGN UP GENIUS](#)

NEW SWIMMER PLACEMENT will be:

THURSDAY, MAY 15

6:00 – 7:00 PM

OR

WEDNESDAY, MAY 28

5:00 - 6:00 PM

Placements will be held at FEN HS. Swimmers will be asked to get in the water for about 5 minutes. We will assess their readiness and skill level to place them in the proper practice group

GROUP DESCRIPTIONS

These groups will primarily practice at FENWICK HS

COMETS

4 times/week

This group is our youngest/novice swimmers
must be able to swim 25 yards of the pool backstroke & freestyle
comfortable in shallow AND DEEP water.

GROUP 1 (Comets & Meteors)

4 times/week

This group of MOSTLY swimmers just finishing 3rd- 5th grade
Must be able to swim 25 yards of the pool backstroke & freestyle
comfortable in shallow AND DEEP water **NEED a YELLOW FINIS BOARD**

GROUP 2 (Bronze & Black)

5 times/week

This group of MOSTLY 9-11year olds our strongest RISING 5&6th graders.
MUST be familiar with aLL 4 strokes, Flip Turns and Dive. All swimmers
can break :50 sec in the 50 free! **NEED a YELLOW FINIS BOARD**

GROUP 3 (Asteroid/Silver)

4 times/week

This group of MOSTLY 11-14 year olds.:
Swimmers are still working on mastering all 4 strokes and
building endurance to race 50 & 100 meter events
Committed to mastering dives and flip turns. **NEED a YELLOW FINIS BOARD**

GROUP 4 (Silver & Blue)

5-6 times/week

This group will consists of our strongest rising 7&8th graders.
Have exhibited a history of commitment to training and competing!
Have 4 legal strokes - and comfortable in racing 50 & 100 yds of all strokes-
working on mastering 200 yard events. **NEED a YELLOW FINIS BOARD**

GROUP DESCRIPTIONS cont

These groups will primarily practice at RIDGELAND COMMONS

JUNIOR/JV (Copper/Junior/JV HS) 5 times/week

This group consists of rising HS Freshmen and older. These swimmers are interested and committed to growing in the sport through practice and meet attendance - as well as EFFORT.

NEED to arrive with EQUIP BAG DAILY (fins/snorkel/PB/paddles)

SR Team 7 times/week

This group consists of rising HS Freshmen and older. These swimmers have demonstrated their commitment to training / practice attendance / as well as competing. **SWIMMERS in this group have achieved a MIN of a 13-14 RGL time. IF UNSURE - contact Coah Kathy or Coach Mark**

NEED to arrive with EQUIP BAG DAILY (fins/snorkel/PB/paddles)

COMET	\$390.00
GROUP 1	\$390.00
GROUP 2	\$480.00
GROUP 3	\$450.00
GROUP 4	\$580.00
JR/JV	\$610.00
SENIOR	\$750.00

plus \$89 ISI USA reg fee - if needed
ALL swimmers that participated in Fall/Winter/Spring 2024/25
have already paid this fee. do not repay!

2025 SUMMER PRACTICE SCHEDULE

COMETS, GRP 1, 2, 3, 4

JUNE 2 - June 5 AFTER SCHOOL @ FEN

JUN 9 THRU JULY 23
FOLLOW AM SCHEDULE BELOW

monday	tuesday	wednesday	thursday	friday
June 2	3	4	5	6
	Comets: 4:50-5:45p		Comets: 4:50-5:45p	
	Grp 1 : 4:50-5:50p		Grp 1 : 4:50-5:50p	
	Grp 2 : 4:40-5:40p	Grp 2 : 4:40-5:40p	Grp 2 : 4:40-5:40p	
	Grp 3: 4:40-5:40p	Grp 3: 4:40-5:40p	Grp 3: 4:40-5:40p	
GRP 4 4:30 - 5:55p	Grp 4: 4:30-5:55p	Grp 4: 4:30-5:55p	Grp 4: 4:30-5:55p	
9	10	11	12	13
Comets: 7:30-8:30a	Comets: 7:30-8:30a	Comets: 7:30-8:30a	Comets: 7:30-8:30a	AT RIDGELAND COMMONS
Grp 1 : 7:30-8:30a	Grp 1 : 7:30-8:30a	Grp 1 : 7:30-8:30a	Grp 1 : 7:30-8:30a	
Grp 2 : 7:15-8:30a	Grp 2 : 7:15-8:30a	Grp 2 : 7:15-8:30a	Grp 2 : 7:15-8:30a	Grp 2 : 7:15-8:30a
Grp 3: 7:15-8:30a	Grp 3: 7:15-8:30a	Grp 3: 7:15-8:30a	Grp 3: 7:15-8:30a	
Grp 4: 7:00-8:30a	Grp 4: 7:00-8:30a	Grp 4: 7:00-8:30a @ RIDGELAND	Grp 4: 7:00-8:30a	Grp 4: 7:00-8:30a
		AND 4:30-5:40P AFTERNOON AT FEN		

JUNETEENTH (TH JUNE 19) We will offer an optional practice for all groups 7:30-8:30am

JULY 4th (Friday July 4th) NO PRACTICE for these groups.

2025 SUMMER PRACTICE SCHEDULE

JR/JV AND SENIOR TEAM

JUNE 2 - JULY 31, 2025

SWIMMERS WILL FOLLOW the week of JUN 9 SCHEDULE THRU JULY 31

We will once again be offering dryland and yoga programming for the start of each practice - MORE DETAILS to follow.

mark your calendars:

JUNETEENTH: optional 7 - 8:30pm ALL

JULY 4th: Practice 7 -8am

monday	tuesday	wednesday	thursday	friday
June 2	3	4	5	6
JR/JV SR GROUP 7:00-8:30AM@ <u>Ridgeland</u> OR 4:30-5:50p @ FEN if still in school	JR/JV SR GROUP 7:00-8:30@ RIDGE LAND	JR/JV SR GROUP 7:00-8:30AM@ <u>Ridgeland</u> OR 4:30-5:50p @ FEN if still in school	JR/JV SR GROUP 7:00-8:30@ RIDGE LAND	JR/JV SR GROUP 7:00-8:30@ RIDGE LAND
9	10	11	12	13
SENIOR GROUP 6:30-8:40am RIDGE 4:10 - 5:45pm FEN JR / JV 7:00-8:40am RIDGE	SENIOR GROUP 6:30-8:40am RIDGE JR / JV 7:00-8:40am RIDGE	SENIOR GROUP 6:30-8:40am RIDGE 4:10 - 5:45pm FEN JR / JV 7:00-8:30am FEN	SENIOR GROUP 6:30-8:40am RIDGE 4:10 - 5:45pm FEN JR / JV 7:00-8:40am RIDGE 4:10 - 5:45pm FEN	SENIOR GROUP 6:30-8:40am RIDGE