

## **Welcome to the 2026 Medway, Millis & Holliston Recreation Summer Swim Team!**

There is nothing better than summer swimming! We are so excited for our SIXTH season as the Medway, Millis & Holliston Swim Team. Our goals for the season remain the same: improve as swimmers, refine strokes, stay safe, make new friends, and most importantly, have fun!

## **Practices**

We will have three practices per week. Please see the monthly schedules for exact dates.

**Location:** Milford High School

**Time:** 7:15–8:30 AM



Swimmers should arrive ready to swim. Locker rooms will be available after practice, and bathrooms will be open during practice. Swimmers should enter through Door 26 (see picture below).

We ask that participants try to attend at least one practice per week.

## **Meets**

All meets will take place on Tuesday or Thursday evenings.

All meet sign-ups will occur through the Medway Parks and Recreation website:

[https://medwayma.myrec.com/info/activities/program\\_details.aspx?ProgramID=29904&AdminPreview=1](https://medwayma.myrec.com/info/activities/program_details.aspx?ProgramID=29904&AdminPreview=1)

It is very helpful for coaches to know who will be attending meets so we can prepare lineups and relays.

## **Meet Registration Reminders**

- Meet registration closes 24 hours prior to the meet so coaches can prepare lineups.
- If attendance changes after registration closes, please email [jharrington@medwayma.gov](mailto:jharrington@medwayma.gov).

## **Mile Swim & Championships**

To compete in the Mile Swim Relay, swimmers must have participated in at least 3 meets prior to the event. To qualify for Championships in August, swimmers must compete in at least 5 meets during the season.

## **Age Groups**

Ages are determined as of July 1, 2026.

- 8 & Under
- 9 & 10 Years Old
- 11 & 12 Years Old
- 13 & 14 Years Old
- 15 – 18 Years Old

## **Meet Information**

- Swimmers are limited to three events, one of which must be a relay.
- Meets begin with a Graduated Medley Relay.
- 8 & Under swimmers will swim 25-yard individual events and a co-ed relay.
- 9 & 10 swimmers will swim 25-yard events and relays unless otherwise agreed upon by coaches.
- Ages 11–18 generally swim 50-yard races.

## **Volunteers Needed**

For each swim meet, we will need volunteers for the following roles:

- 1 Scorekeeper
- 1 Stroke & Turn Judge
- 1 Place Judge
- 2 Bullpen Volunteers (assist coaches with lining swimmers up)

The following meets will also require timers (2 per lane / 6 total):  
Dedham, Needham, Newton, Westwood, and Sherborn.

## **Team Gear**

- Swim caps and team t-shirts will be provided.
- Plain black meet suits are preferred but optional.
- SwimOutlet.com is a great resource for reasonably priced swimwear.
- For practices, swimmers may wear any suit of their choice. We recommend girls wear a one-piece bathing suit.

## **Skills Evaluation**

**Saturday, June 6 at 8:00 AM**

Milford High School

## **Stay Connected**

Please visit [www.medwayparksrec.com](http://www.medwayparksrec.com) and follow our social media pages for the most up-to-date information on practices, swim meets, and team events.

We are looking forward to another great summer season!