

## **2009 Practice Schedule**

- We have made some changes this year to our practice schedule and the type of practice our coaches will be conducted—with a big emphasis based on endurance building through stretching and out of water exercise - dry land, starts, turns and finishes (touches).
  - On Mondays and Wednesdays - our coaches will be conducting dry land workouts during the first 20 minutes of morning practices. ***This does not include guppies.*** Each swimmer is highly encouraged to attend these sessions and please make sure your swimmer(s) comes dressed with a comfortable pair of tennis shoes.
  - A regular practice will be held on Friday mornings and during this time stroke work will be conducted.
  - Immediately following this practice Ribbons, Donuts and Fun Friday will begin.
  - ***Since our season is only 10 weeks - all swimmers are encouraged to attend every practice in order to receive the full benefit from this training.***
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### **Pre - Season Schedule - (before the end of school)**

May 11th through May 15th	<b><u>Dryland Practice Only</u></b>
10 & under - 4:30 to 5:30	11 & up - 5:30 to 6:30

May 18th through May 29th	<b><u>Water and Dryland Practice</u></b>
10 & under - 4:30 to 5:30	11 & up - 5:30 to 6:30

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### **Regular Season Schedule (after school is out) and Divisional Week**

***\*Please note practice times have changed for all age groups.***

#### **Friday, June 5th -**

10 & Unders - 9:00 - 9:45    11& Up - 9:45 - 10:30

#### **Monday June 8th through Friday July 10th**

10 & Under - 8:30 - 9:30    11& Up - 9:30 - 10:30    Guppy - 10:30 - 11:00

***No Practice on Friday, July 3rd***

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### **Championship and Classic Swimmers Practice Schedule**

#### **Tuesday, July 14th through Friday, July 17th**

***Times to be determined depending on the number of qualifying swimmers***