

Junior Varsity (JV Team)

Practice will be 4:30pm – 5:10pm Monday – Thursday and
9:30am-10:10am on Saturdays.

Varsity

Practice will be from 5:10pm – 6:10pm Monday – Thursday and
9:30am – 10:30a on Saturdays.

Zone/National Team

Practice Schedule

Swimming

Monday – Wednesday 6:10pm – 8:00pm

Thursday = NO PRACTICE

Friday = 4:30pm – 6:20pm

Saturday = 7:30am – 9:30am

Sunday = 1:00pm – 2:00pm

Monday, Tuesday & Thursday AM Practice 5:30am – 6:45am

DRYLAND

Monday - Wednesday = 8:05pm -8:35pm

Friday 6:25pm – 6:55pm

Saturday 9:35am – 10:05am

WEIGHT TRAINING = On your own supervised in the fitness center by fitness center staff. Must document 2 x per week.