



Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3-5 PM All Divers Most Swimmers	3-5 PM All Divers and Swimmers	3-5 PM All Divers Most Swimmers	3-5 PM All Divers and Swimmers	3-5 PM All Divers and Swimmers	6:45-10 AM Some Swimmers
5:30-6:15 Optional Weight Training		5:30-6:15 Optional Weight Training			
7:15-8:45 PM Some Swimmers	Most Tuesdays we have meets	7:15-8:45 PM Some Swimmers		Most Fridays we have meets	

December Vacation

Saturday 12/21	Monday 12/23	Tuesday 12/24	Wednesday 12/25	Thursday 12/26	Friday 12/27
6:45-10 AM Some Swimmers	3-5 PM All Divers and Swimmers	No Practice	No Practice	3-5 PM All Divers and Swimmers	3-5 PM All Divers and Swimmers (Possible Alumni Meet)
Saturday 12/28	Monday 12/30	Tuesday 12/31	Wednesday 1/1	Thursday 1/2	
6:45-10 AM Some Swimmers	3-5 PM All Divers and Swimmers	TBA	No Practice	Back to School Regular Schedule	



Midyear Exam Week

Practices during Midyear Exam week are OBHR (optional but highly recommended). Missing training this late in the season *will* affect your end-of-season performance. Exercise is also a great stress reducer! Even one hour of exercise can improve brain function.

Post-Season Qualifiers

Swimmers & Divers that qualify for the postseason AND *alternates* will practice through the Sectional and State meets. While they are currently scheduled to end February 16 & 17 (the first weekend of vacation), the season may be extended if the Sectional or State meets are postponed for weather or other unforeseen events.

All others will be finished after the DCL Championships..

February Vacation

State Champs should be over with the first weekend of February vacation, but in the event of a weather cancellation, State qualifiers will need to practice through February vacation.