

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

South Shore Sails

Booster Club

President

Henk DeZwart

Booster Club

Vice President

Donna Toler

Booster Club

Treasurer

Mary Tighe

Booster Club

Secretary

Becky Clements

Booster Club

Social Media

Melissa Istre

Booster Club

At Large 1

Ashley Ashna

Booster Club

At Large 2

Steve Carr

Booster Club

At Large 3

Karl Crudo

SSS Head Coach

Matthew Troquille

Next booster club

meeting – Tuesday,
July 2nd @ 5:45 TFC
Bistro

UPCOMING EVENTS

Travel Meet – *LSU (Baton Rouge)* June 7th – 9th

SSS co-hosted SCY Meet – Texas City Natatorium, June 23rd

- For any swimmer who has 2 or less “BB” times

Save the Date: August 10th – End of Season Recognition Get Together – more details to follow soon!

If anyone takes swimming pictures or pictures of your swimmer you'd like to share, please send it to ashleyashna@gmail.com.



Swimmers of the Meet:

2019 MLK Open Invitational – SSS

- *Kade Graham & Haleigh Pham*

2019 Marion Oliver Memorial Meet – HCAP

- *Gabriel Istre & Elle Dobzyniak*

2019 Gulf SC Champs I – ESA

- *Ethan Messenger & Omosede Ekhaese*

2019 Gulf SC Champs II – NOCH

- *Holden Tighe & Katie Luedde*

2019 Gulf SC Champs III – PEAK

- *Kyle Wilson & Cory Shanks*

2019 Speedo Sectionals – Texas A&M

- *Jacob Bulseco & Hanna Schlegel*

2019 Short Course TAGS – TWST

- *Arbert Xu & Maddie Nhan*

Congratulations



shutterstock.com • 209133430

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019



06/11/2009	Tenley	Mayes	Level-1
06/13/2007	Gabriel	Istre	Level-2
06/15/2007	Holden	Tighe	Level-2
06/15/2007	Gracie	Briggs	Level-2
06/16/2005	Anna	Huang	Level-3
06/18/2008	Ethan	Qin	Level-2
06/20/2008	Madeleine	Nhan	Level-3
06/22/2010	Abigail	Croniser	Level-1
06/23/2003	Paige	Horton	Senior
06/23/2012	Jake	West	Developmental
06/23/2012	Justin	West	Developmental
06/24/2002	Jacob	Bulsecu	Senior
06/29/2009	Ilya	Ersoez	Level-1

Swimming Fact: An hour of vigorous swimming burns up to 650 calories. It burns more calories than walking or biking.



Amazon Smile:

Please help the booster club by signing in under Amazon Smile to place your Amazon orders! It's an easy process (mapped out below following the Coach's Corner) and helps us earn back a proceed from monies spent to come back to be used for the team.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

GET TO KNOW OUR SWIMMERS: MADDIE NHAN

Maddie is currently finishing up her 5th grade year at Mossman Elementary. Her favorite subjects in school are Math and Science. She began swimming at the young age of 3 years old and is currently on Level 3 for Sails where her favorite “super” stroke is the backstroke. Her most memorable swim event is the 100 backstroke at TAGS, and her most disappointing swim event also happened at TAGS. On her 200 freestyle, she lost her goggles and learned that she needed to tighten them! She has a brother & a sister and they swim for fun, but not competitively. She also has a maltese dog. She is not quite sure what she wants to do when she grows up, but for now is enjoying swimming. **Blue** is her favorite M&M color and she likes different kinds of sweet treats.



SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

GET TO KNOW OUR SWIMMERS: ELLE DOBZYNIAK

Elle is finishing up her 6th grade year in the Science Magnet program at Seabrook Intermediate where her favorite subject is Math. She began swimming at the age of 9 and currently swims on Level 2 with the Sails. Her two favorite “super” strokes are breast stroke and back stroke. Her most memorable swim event was when she dropped 13.59 seconds in 3 weeks in her 200 back! Her most disappointing swim event was when her goggles fell off one time during the 100 free, but after that she learned to keep her head down when diving in. Elle has two dogs named Shaka and Izzi. When she’s not at the pool she enjoys playing volleyball and hanging with her friends. When she grows up she aspires to be an astronomer or in the Olympics....or both! Her favorite treat is popcorn and her favorite color M&M is **Green!**



SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

GET TO KNOW OUR SWIMMERS: BELLA JOHNSON

Bella is currently finishing up her 5th grade year at Hyde Elementary where she says Writing is her favorite subject. She began swimming in summer league in 2016 and currently swims with the Techfit group. Her favorite “super” stroke is the back stroke and her favorite set is 10 x 50’s on 1:15. Her most memorable swim event was qualifying for the summer swim champs meet. She was very disappointed when she was disqualified in the breast stroke for not touching with 2 hands, but learned her lesson after that! She has one sister who also swims (developmental group) and has one puppy named Harlee. When she’s not at the pool, she enjoys kicking back with a good book, doing robotics or playing volleyball. She looks forward to studying engineering when she grows up. Her favorite treat is ice cream and her favorite color M&M is **Blue!**



SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Meet Name Date Groups Location

UPCOMING MEETS

SWAT LC Meet	4/13-4/14	All	Fort Bend
Bay Area Open Invit.	4/26-4/28	All	Hometown Heroes
Sharks SCY Meet	5/4	Techfit, L2, L1, Dev	Friendswood
Aqua Sunday Meet (LCM)	5/19	All	Hometown Heroes
Tiger Aquatics	6/7-6/9	All	Baton Rouge, La
SWAT LCM	6/8-6/9	All (not going to Tiger Classic)	Fort Bend
SSS/TCAP SCY Meet	6/23	Techfit, L2, L1, Dev	Texas City
Speedo Sectionals	7/11-7/14	Any Qualifiers	Austin
Gulf Age Group Champs	7/12-7/14	Any Qualifiers	CFSC
Senior Champs	7/19-7/21	Level 3/Seniors	Conroe TWST
Sprint Series Champs SCY	7/20-7/21		Lufkin
TAGS	7/24-7/28	Level 2 and above	TBD
Gulf Summer Champs	7/26-7/28	Level 3 and below	Don Cook Nat.
Southern Zone Senior Champs	7/30-8/3	Level 3 and above	Tupelo, MS
NCSA	8/6-8/10	Seniors	IUPUI
Speedo Jr. Nationals	8/6-8/10	Seniors	Stanford

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

COACH'S CORNER: COACH DOUG (LEVEL 1 COACH)

WHAT'S THE BEST WAY TO MOTIVATE A SWIMMER?

Use Smart goals, specific, measurable, actionable, realistic, timely. The key is realistic and be focused in what the goal is not something to broad.

WHEN DO YOU THINK AN ATHLETE SHOULD BEGIN LIFTING WEIGHTS?

Not before age 12 and definitely nothing heavy.

WHAT IS YOUR MOST MEMORABLE SWIMMING EXPERIENCE?

Swimming a 19 minute open water mile, and only being self taught.

IF YOU WERE A CRAYON IN THE BOX, WHAT COLOR WOULD YOU BE AND WHY?

Black, hard to see through. If you can get past my exterior I'm pretty easy to talk to.

HOW DID YOU BECOME INTERESTED IN SWIMMING?

Just evolved over time through an interest in triathlons. I wish I had the time to swim but between work and coaching leaves little time for it.

WHO IS YOUR FAVORITE SPORTS TEAM?

Dallas Cowboys - don't hate.

WHAT ARE THE TOP 3 QUALITIES YOU APPRECIATE IN A SWIMMER?

Hard work, coach-able, and have fun. I am a firm believer that for young kids if you come 3 days a week and work hard it far exceeds coming 6 or seven and not giving effort.

WHAT'S YOUR FAVORITE PLACE TO VISIT - OR SOMEWHERE YOU'D LIKE TO VISIT?

Where ever I am at the moment. Germany.

WHAT DO YOU ENJOY DOING WHEN YOU'RE NOT AT THE POOL?

Relaxing, and golf although i have little time for golf.

WHAT ARE 2 THINGS ON YOUR BUCKET LIST?

Visit Ireland and Germany for Oktoberfest.

WHAT ADVICE DO YOU HAVE FOR FAMILIES NEW TO SWIM?

Enjoy it, have fun cause if you don't have fun it becomes like work. Mini breaks are great to not get worn out and tired of the everyday.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

WHAT DO YOU WISH SWIM PARENTS WOULD DO MORE OF?

Just watch their kids swim and enjoy them having fun.

IF YOU COULD HAVE A SUPER POWER, WHAT WOULD IT BE?

Flight, come on who wouldn't want to soar with the eagles.

WHAT'S YOUR BIGGEST PET PEEVE OF SWIM PARENTS?

They make it too hard on the kids, let them be kids.

WHAT'S YOUR FAVORITE SWIM STROKE?

Breaststroke, Freestyle, backstroke, butterfly in that order.

ANY ADVICE FOR OUR SWIMMERS?

if you love and enjoy something you will do far greater things than you can imagine.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Ways to Give Back

Using Amazon Smile

How do I shop at Amazon Smile?

To shop at Amazon Smile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at Amazon Smile.

Which products on Amazon Smile are eligible for charitable donations?

Tens of millions of products on Amazon Smile are eligible for donations. You will see eligible products marked “Eligible for Amazon Smile donation” on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on Amazon Smile?

Yes, you use the same account on Amazon.com and Amazon Smile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on Amazon Smile?

On your first visit to Amazon Smile smile.amazon.com, you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

For now, search Bay Area Swim Parent Booster Club.

Randall’s Good Neighbor Program:

Fill out this form and list us as a charity of choice: charity #14038

Return to any Randall’s store or scan back to good.neighbor@randalls.com.

HOUSTON/AUSTIN

RANDALL'S Good Neighbor PROGRAM

Complete this form to link your Loyalty account to the organization of your choice. You can choose to link up to three organizations. Contact your organization of choice and ask if they are a member of Randall's Good Neighbor program or call 1-888-334-8240 to get the GNP number.

REMARKABLE CARD NUMBER

Don't know your card number? Call Customer Care at 1-877-723-3929.

Charity to be added to your card:

1. Charity # _____
2. Charity # _____
3. Charity # _____

Charity to be deleted to your card:

1. Charity # _____
2. Charity # _____
3. Charity # _____

APPLICANT NAME (PLEASE PRINT) _____ PHONE (linked to loyalty account) _____

APPLICANT SIGNATURE _____ DATE _____

PLEASE RETURN THIS FORM TO YOUR NEIGHBORHOOD RANDALLS CUSTOMER SERVICE DESK OR EMAIL YOUR RESPONSES TO good.neighbor@randalls.com

OFFICE USE ONLY: STORE # _____

STORE INSTRUCTIONS: SEND THIS COMPLETED FORM TO THE MAILROOM - ATTN: GOOD NEIGHBOR PROGRAM

I can email you the full sized version – just shoot me a request to melissaistre914@gmail.com.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Additional Something to Consider:

For the last 2 years, Gulf Swimming has formed a travel team to attend "Zone Age Group Travel Meet" (not to be confused with Southern Zones). Participation is by an application process and although there are cut standards, it doesn't mean your swimmer shouldn't apply. As one of our qualified swimmers said, "It might be disappointing if you don't make, but it would be worse to never try at all. You gotta be in it to get picked!"

For the 2nd year, Gulf Swimming has chosen the Summer Sanders Classic hosted by California Capital Aquatics, for its Age Group travel meet. The LSC will be sending a team to Sacramento, California to represent the Gulf at this meet in June. Four South Shore Sails swimmers were selected to be part of the 2019 team including, **Madison Thorp, Cassie Toler, Emily Troutman, and Arbert Xu** (in 2018, there were even more from our team selected, including **Reese Cole, Hanna Schlegel, and Corey Shanks**).

It is a chance for swimmers to learn what team travel is like, how to compete, how to be a team and train with new faces and new coaches. Parents are not permitted to travel with the kids, they can travel separately to the meet -- this ensures the opportunity for athletes to be completely immersed in the travel team experience. The Gulf also subsidizes the cost for the meet, keeping in alignment with their mission to provide "Competitive swimming for all" at affordable costs.

Standards might be considered tough, but it's also based on the applications received. The first week of June can also be a challenging time of availability, which also limits applications being submitted. If you are interested in 2020, look for the email from our Head Coach or the President of Gulf Swimming ([Julie Bachman](#)) -- the announcement has come out in the April/May time frame both last and this year.

Safe travels, fast swims... and Let's go Sails!

Senior Send Off: Sails are saying goodbye to these seniors soon!

Julia Meyers, University of Houston
Mallory Hull, UT
Caitlyn Lavan, Texas A&M
Alex Yanez, US Navy
Vincent Huang, Brown University

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

16 TRICKS & TIPS TO SWIM FASTER, TRAIN SMARTER AND CRUSH YOUR GOALS

BY OLIVIER POIRIER-LEROY 33

One of the most common questions I get is a variation of, “how do I swim faster?”

Which is fair...

Swimmers are always looking for a way to get a little bit of an advantage over the competition.

We spend our tapers in a neurotic, heavily immobilized stupor, have prolonged staring matches with a tiled black line, and shave our bodies from head to toe, all in the hopes of getting that tiny sliver of an advantage necessary to separate ourselves from the competition.

Below are a list of 16 random tricks, techniques and [swimming tips](#) that will help you swim better and faster this year. They are all almost immediately actionable, and don't require a ton of heavy lifting.

In other words, there is no reason you can't put a few of these into place to make yourself a more sultry swimmer.

And here we go:

1. EMPLOY THE BUDDY SYSTEM.

Partner up with someone on your team and buddy up. Promise to hold each other accountable over the course of the season.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Whether or not this is someone you compete against is up to you, but you are probably better off picking someone you won't be going head-to-head in competition to avoid any conflict of interest.

Stay on each other over the course of those long training cycles when it gets easier to slip up and miss a workout or two. By helping someone else stay on their goals it will remind you to stay on top of your own goals, and having someone that gets on your case (besides coach and your folks) can give you that little extra nudge to stay on track.

2. CARPE THAT DIEM.

You have goals. Big, greasy goals. So what are you doing not ruthlessly chasing them down?

Don't wait to act on your goals, make today, this moment, the one that you are going to be the swimmer that you have always dreamed you could be.

How many times have you delayed fully committing yourself to your goals because the time wasn't right, or because the conditions weren't perfect, or because, well, taking the apathetic route was simply easier?

Don't wait. Ever.

3. FEED THOSE MUSCLES.

Get into the habit of bringing snacks and a post-workout shake with you to workout so that you can kick-start the process of recovery moments after you get out of the water.

Not only will your muscles thank you, but you will bounce back faster. Aim to ingest some carbs and protein within 30 minutes of getting out of the water.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

While this doesn't seem to make such a difference when you are doing one-a-days, you want to be especially sure that you are refueling ASAP when you are training again later in the day, or again early the following morning.

4. GO INJURY FREE (ISH).

It's natural for us to wait for fires to start before rushing to put them out. So often is the case when it comes to chronic injuries. We do our pre-hab for a while, then slack off, and kick ourselves when the injury returns.

Make this the season that you stay true to your pre-hab so that you can minimize the likelihood of missing training time due to those somewhat predictable injuries ([swimmer's shoulder](#), ahem).

Make it part of your daily routine so that after a few weeks you stop thinking about having to do it, and simply do it.

5. TAKE 5MINS A FEW TIMES EACH DAY TO IMPROVE YOUR FLEXIBILITY.

Hit your pecs, lats, shoulders, hamstrings, ankles and hips.

Doing 5 minutes of flexibility work a couple times every day will yield far better results than doing a stretching benders once or twice a week (or only when you feel an injury coming on). Combine [a foam roller with static stretching](#) for max effect.

Do it at night before you go to bed. When you wake up. After a particularly punishing workout. Make flexibility and mobility a keystone component of your swimming.

6. DO 15M/Y UNDERWATER DOLPHIN KICK FOR THE ENTIRE WARM-UP.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Cal's Tom Shields, who has one of the [deadliest underwater dolphin kicks](#) on the planet, related this fairly boring reason for why he has such an awesome fly kick— he starts off every workout doing 15m/y underwater for the entire warm up.

Use bucket turns if you have to, or even start at 10m/y if you need to, or do it every second length. Or even just start by doing 2 kicks off of every wall, and then 3, and then 4, and so on.

Like Shields simply make the [underwater dolphin kick work](#) something that is part of your swimming, and not something you only focus on during specific sets.

7. MAKE A HABIT OF BREATHING BILATERALLY.

Muscle imbalances suck. They often lead to injury, lead us to be imbalanced in the water, and it can be annoying racing against someone when your good side is away from them.

You don't need to necessarily breathe bilaterally during your races, but in order to develop even muscle in your lats, shoulders and back (and even your kick) you should be making a habit of breathing bilaterally as much as possible in your workouts.

8. PLAN YOUR MEALS.

Panic-packing meals for the rest of the day at 5:15am used to be a common past-time of mine. Wanting every last minute of sleep possible I would more than often leave the house without meals for the rest of the day, meaning that I had to rely on the cafeteria (read: chips, chocolate bars and muffins) to get some form of sustenance over the day.

The days that I did have my act together enough to plan and pack meals for the next day I could put together a bundle of healthy food to smash after morning workout, at lunch, and before my PM workouts.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Making your lunch the night before gives you a heck of an advantage; you aren't inflicted with the hungry-man food blindness that happens when you are famished and you will literally eat anything (which is often, for swimmers).

Allow cooler heads and smarter food choices to prevail by packing your lunch and snacks the night before.

9. CONSISTENTLY SEEK FEEDBACK FOR TROUBLE SPOTS.

We all have those areas in our technique that are a little dicey. We struggle to get it right, but without full feedback it is difficult to know for certain if we are doing it correctly.

Instead of waiting for your coach to come to you when he or she sees something going wrong, ask for feedback ahead of time so that you can do it correctly the first time.

Make sure that you are swimming correctly before you invest thousands of strokes and laps drilling in your stroke.

10. GET ONE EXTRA HOUR OF SLEEP.

There is no doubt that proper rest is tied to performance in the pool. So why not **make the easiest thing in the world to do to improve your performance a priority?**

While we are sleeping we are not only fantasizing about mountains of pasta and snow days, but our bodies are hurrying to repair themselves.

Your body will pump out growth hormone while you are sleeping (especially during deep sleep), but if your sleep is delayed (read: you get to bed late) than peak growth hormone secretion is shortened, robbing you of some nice, effort-free recovery time.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Set a sleep schedule, be aggressive with managing your time, and create pre-bed rituals to get you into sleepy mode regularly.

11. RESPECT THE RECOVERY WORK (AND THE RESULTING BOUNCE BACK).

One of the weirdest things for athletes of any kind to get their head around is the notion of deloading and recovery.

In their minds they think that to improve they must give a flat-out, 100% effort every single day of the week in the pool. The idea of taking time off, to rest and gain recovery seems foreign and induces guilt (*“Think of all the training I could be doing right now!!”*).

Without periodic chunks of recovery your body won't have enough time to embrace the new awesomeness from all the previous training, leaving you feeling perpetually tired, unmotivated, and stuck in a plateau.

Think of your recovery sessions in the pool (and away from the pool as well), as mini-tapers if you have to, but **remember that they are essential** in order to help you come back stronger. (See also: [The Importance of the Swimming Warm-Down.](#))

12. ATTACK THAT ONE THING.

We *all* have it. The weak spot in our swimming that we avoid at all costs during practice.

For some swimmers it was their kick. For others, pull. Or breaststroke kick. And for others, it's the stroke of butterfly (and by others I clearly mean a whole bunch of others).

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Each session take ten minutes to work on it. If that means doing 5 minutes of vertical kicking after practice so be it. Or doing butterfly during warm-up. Or using pull sets as an opportunity to swim with killer technique.

Attack your weaknesses little by little, and chip away at them until they grow into something not so weak.

Doing so has a couple nice side effect:

1. You will quickly see improvement. Because they have been ignored for so long those weaknesses will be absolutely ripe for big jumps.
2. And the second is the resulting confidence that comes from seeing these leaps and bounds and mastering something you avoided for so long.

13. HELP CREATE A POSITIVE TRAINING ENVIRONMENT.

Swimming for hours on end, testing the limits of your physical abilities on a daily, often twice daily basis is challenging enough. Doing it while a swimmer in your lane complains and moans and reminds everyone else about how lame it is, how they don't like the set, or how their stroke feels like garbage is even worse.

Be the swimmer that helps to motivate and encourage everyone else in the lane when the sets and workouts get challenging.

Not only will it contribute to a more positive atmosphere, but the positivity will actually give you a nice sense of control and actually encourage you to push yourself harder.

14. DEEP BREATHE YOUR WAY TO FASTER RECOVERY.

Deep breathing has a calming effect on the body. Literally. It decreases blood pressure, central nervous system activity and the big one, stress. The faster your body goes from an amped, excitatory state to a relaxed state the quicker the recovery process can kick off.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

Incorporate some deep belly breathing (put your hand on your belly button, you want to move your hand and belly button with your breathing, not your chest and upper rib cage) at the end of your workout and relax while also impacting your ability to bounce back faster.

15. PICK OUT THE 3 HABITS THAT WILL HAVE THE BIGGEST IMPACT ON YOUR SWIMMING.

Our swimming is made up of a collection of habits. Most of them you don't even realize or think about (hence why they are habits).

If you could pick just three little habits that would improve your swimming by leaps and bounds, what would they be?

Pick 'em, and take the first, tiny step to install that habit. And then do it again tomorrow. And again the day after that. And before you know it, those new fancy-pant little habits will be just part of the way you roll.

16. IMAGINE THE COMPETITION SWIMMING BESIDE YOU FOR AN EXTRA LITTLE KICK.

Visualization is no joke, and using it not only to help prepare for competition and even before a tough set can help you perform faster in the pool.

An added way that you can use this tool to swim faster is to visualize the competition in the lane next to you during those challenging sets and repeats.

Not only does it this help stoke the fire in your belly, but you are much more likely to finish like a boss if you imagine yourself roaring into the wall neck-and-neck with the swimmer you want to be more than anything in the world.

SOUTH SHORE SAILS SWIMMING

There is no glory in practice, but without practice there can be no glory.

June 2019

2019 Long Course Season Schedule			
Effective : March 18th, 2019 - July 27th/August 2nd, 2019			
Developmental 1		M-F @ TFC (Indoor)	4:30 to 5:15 pm
Developmental 2		M- F @ TFC (Indoor)	5:15 to 6:00 pm
Level 1		M- F @ Clear Falls	5:30 to 6:30 pm
		T/Th Drylands	6:30 to 7:00 pm
AM Practice Schedule:			
EFFECTIVE 4/1/19		T/Th @ Hometown Heroes	6:00 am to 7:15 am
Level 2		M-W-F @ Clear Falls	6:30 to 8:00 pm
		T/Th @ Falls	6:30 to 7:30 pm
		T/Th @ Falls Drylands	6:00 to 6:30 pm
AM Practice Schedule:			
		Saturday @ TFC	12:00 - 1:30 pm
EFFECTIVE 4/1/19		T/Th @ Hometown Heroes	6:00 am to 7:15 am
TechFit		M/W/F @ Creek	6:15 to 7:30 pm
		T/Th @ TFC	7:00 to 8:00 pm
		T/Th @ TFC Drylands	6:30 to 7:00 pm
AM Practice Schedule:			
		Saturday @ TFC	8:30 to 10:00 am
EFFECTIVE 3/19/19 to 3/29/19		T/Th @ TFC	5:30 to 7:00 am
EFFECTIVE 4/1/19		T/Th @ Hometown Heroes	6:00 to 7:15 am
Level 3		M-F @ TFC	5:30 to 7:00 pm
		T/Th Drylands	5:00 to 5:30 pm
AM Practice Schedule:			
		Saturday @ TFC	8:30 to 10:00 am
EFFECTIVE 3/19/19 to 3/29/19		T/Th @ TFC	5:30 to 7:00 am
EFFECTIVE 4/1/19		M/W/F @ Hometown Heroes	5:30 to 7:15 am
Senior		M/W/F @ TFC	3:15 to 5:30 pm
		T/Th @ TFC	4:00 to 5:30 pm
		T/Th @ TFC Drylands/Weight Training	3:00 to 4:00 pm
AM Practice Schedule:			
		Saturday @ TFC	10:00 to 12:00 pm