

- 2010 Summer Practice Schedule -

**Greenville
Location**



YMCA
Hodding Carter Memorial



DAC (Greenville) will begin the **summer practice schedule** on **Monday, May 17th**. Below is the recommended practice attendance for all groups. All practices are at the YMCA. **All swimmers should be prepared for Dryland exercises at every practice (running shoes) in case inclement weather conditions should occur during practice.**

Please note... Morning Practices will begin Monday, May 24th

Morning						
	Monday	Tuesday	Wed	Thurs	Fri	Sat
Senior	7:00 - 9:00	7:00 - 9:00	x	7:00 - 9:00	7:00 - 9:00	TBA (Cleveland)
Junior	7:00 - 9:00	7:00 - 9:00	x	7:00 - 9:00	7:00 - 9:00	TBA (Cleveland)
MD - Gold	x	7:45 - 9:00	x	7:45 - 9:00	x	TBA (Cleveland)
Mighty Duck	x	7:45 - 9:00	x	7:45 - 9:00	x	TBA (Cleveland)
Beginner	x	x	x	x	x	x

Afternoon						
	Monday	Tuesday	Wed	Thurs	Fri	Sat
Senior	3:15 - 5:00	3:15 - 5:00	3:15 - 5:00	3:15 - 5:00	3:15 - 5:00	x
Junior	3:15 - 5:00	3:15 - 5:00	3:15 - 5:00	3:15 - 5:00	3:15 - 5:00	x
MD - Gold	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	x
Mighty Duck	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	3:45 - 5:00	x
Beginner	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	x

Recommended Practice Attendance for each Group	
	Days / Week
Senior	8-9 practices (min. of 2 double practices)
Junior	6 practices (max of 2 double practices)
MD-Gold (11 & over)	5 practices (no doubles)
MD-Gold (10 & under)	4 practices (no doubles)
Mighty Duck	4 practices (no doubles)
Beginner	4 practices (no doubles)

- Attendance is Vital to Your Success -