

- Summer Practice Schedule (2009) -

**Cleveland
Location**



**DSU
Aquatic Center**



We will continue under the current practice schedule through Friday, May 22nd. DAC will begin the **summer practice schedule** on **Thursday, May 28th**. Absolutely NO practice on Memorial Day, Tuesday, May 26th and Wednesday, May 27th. DSU is holding a summer intersession Canoe/Kayak class all day on the 26th and 27th. No practices for all groups due to the 2 day DSU summer class. The last summer practice is on Wednesday, July 23rd.

Below is the recommended practice attendance for all groups. All practices are in the Aquatic Center, not in the Old Pool unless announced.

Morning						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	TBA
Junior	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	TBA
MD - Gold	9:00 - 10:15	9:00 - 10:15	9:00 - 10:15	9:00 - 10:15	9:00 - 10:15	TBA
Mighty Duck	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	TBA
Beginner	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	TBA

Afternoon						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior...Dryland	3:00 - 4:00	3:00 - 4:00	3:00 - 4:00	3:00 - 4:00	x	x
Junior...Dryland	3:00 - 4:00	3:00 - 4:00	3:00 - 4:00	3:00 - 4:00	x	x
MD - Gold	4:00 - 5:15	4:00 - 5:15	4:00 - 5:15	4:00 - 5:15	x	x
Mighty Duck	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	x	x
Beginner	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	x	x

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

- Attendance is Vital to Your Success -