

Northern Kentucky Clippers Swimming, Inc. - 2009-10 Fall/Winter Practice Schedule

Practices include water time and stretching (if applicable to group). Changes due to weather conditions will be posted on our web site.

DL = Dry Land AM = morning practice before school

All swimmers should be ready for practice with required equipment (if any) at least 10 minutes before practices start.

Group & Start date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AGD1 - 9/28 Ends with Mini Meet (2-14)	OFF	5:30-6:40 pm	OFF	5:30-6:40 pm	OFF	12:30–1:40 pm
AGD2 – 9/28 Ends with Mini Meet or Regional Championship	5:30–6:55 pm	OFF	5:30–6:55 pm	OFF	5:30-6:55 pm	12:15–1:40 pm
AGD3 Sept. 14	5:30-7:10 pm	5:30-6:55 pm	5:30-6:55 pm	OFF	6:45-8:10 pm	9:45–11:25 am
AGD4 Sept. 15 DL starts 9/30	OFF	6:30 – 8:10 pm	DL- 6:00-6:45 pm 6:45-8:10 pm	7:00–8:25 pm	6:45-8:25 pm	11:15 am–12:40 pm
AP1 Sept. 8 DL starts 9/21	DL 6:15-7:00pm 7:00-8:40 pm	OFF	4:00 - 5:40 pm	5:30-7:10 pm	DL-6:00-6:45 pm 6:45-8:25 pm	10:45 am-12:25 pm
AP2 Sept. 8 DL starts 9/22 AM starts 11/2	6:45-8:40 pm	DL-5:45-6:45 pm 6:45-8:40 pm	6:45-8:40pm	DL-5:30-6:30 pm 6:30-8:25 pm	5:00-6:55 pm <u>AM – 5:30-6:45 am</u>	DL-8:00-9:00 am 9:00-10:45 am
Prep Sept. 8 DL starts 9/21 AM starts 10/5	3:30-5:40 pm <u>AM – 5:10-6:45 am</u>	3:30-5:40 pm	<u>AM – 5:10-6:45 am</u> Off in afternoon**	3:30-5:40 pm	3:30-5:10 pm	7:00-9:00 am
National Sept. 8 DL starts 9/21 AM starts 10/5	3:30-5:30 pm= <u>AM – 5:10-6:45 am</u>	3:30-5:40 pm	3:30-5:30 pm <u>AM – 5:10-6:45 am</u>	3:30-5:40 pm	3:30-5:40 pm <u>AM – 5:10-6:45 am</u>	7:00-9:30 am

** Prep group will practice on Wednesdays from 3:30-5:40 p.m. until before school practices start

- Notes**
1. No practices on Labor Day, Thanksgiving, Christmas or New Year's Day
 2. Practices are subject to change when the team is away at a meet or for other reasons. Be sure to always check the weekly newsletters for changes.
 3. There will be a separate practice schedule for Holiday Training.

Rev. 11-09

Clippers Phone Number -- **859-342-4000**

Web Site -- www.clipperswim.org

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