

# Northern Kentucky Clippers Swimming, Inc. - 2010-11 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.

**Note change for AGD2 on Fridays**

Group & Start date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AGD1</b> - 9/28 Ends with Mini Meet (2-13)	OFF	5:30-6:40 pm	OFF	5:30-6:40 pm	OFF	12:30–1:40 pm
<b>AGD2</b> – 9/27 Ends with Mini Meet or Regional Championship	5:30–6:55 pm	OFF	5:30–6:55 pm	OFF	<b>5:30-6:55 pm</b>	12:30–1:55 pm
<b>AGD3</b> Sept. 13	5:30-7:10 pm	5:30-6:55 pm	5:30-6:55 pm	OFF	5:30-6:55 pm	9:30–11:10 am
<b>AGD4</b> Sept. 14 DL starts 9/30	OFF	6:30 – 8:10 pm	6:45-8:25 pm	<b>DL 6:10-6:55pm</b> 7:00–8:25 pm	6:45-8:25 pm	<b>DL10:10-10:55 am</b> 11:00 am–12:40 pm
<b>AP1</b> Sept. 7 DL starts 9/20	<b>DL 6:10-6:55pm</b> 7:00-8:40 pm	OFF	4:00 - 5:40 pm	5:30-7:10 pm	<b>DL-5:55-6:40 pm</b> 6:45-8:25 pm	11:00 am-12:40 pm
<b>AP2</b> Sept. 7 DL starts 9/21 AM starts 11/5	6:45-8:40 pm	<b>DL-5:40-6:40 pm</b> 6:45-8:40 pm	6:45-8:40pm	<b>DL-5:20-6:20 pm**</b> 6:30-8:25 pm	5:00-6:55 pm <u>AM – 5:30-6:45 am</u>	<b>DL-9:10-10:10 am</b> 7:00-9:00 am
<b>Prep</b> Sept. 7 DL starts 9/21 Wed AM starts 9/8 Mon AM starts 10/4	3:30-5:40 pm <u>AM – 5:10-6:45 am</u>	3:30-5:30 pm <b>DL 5:40-6:40 PM**</b>	<u>AM – 5:10-6:45 am</u> Off in afternoon	3:30-5:30 pm <b>DL 5:40-6:40 PM**</b>	3:30-5:10 pm	9:00-11:00 am <b>DL 11:10 am – 12:10pm**</b>
<b>National</b> Sept. 7 DL starts 9/20 AM starts 10/4	3:30-5:30 pm <b>DL 5:40-6:40 PM**</b> <u>AM – 5:10-6:45 am</u>	3:30-5:40 pm	3:30-5:30 pm <b>DL 5:40-6:40 PM**</b> <u>AM – 5:10-6:45 am</u>	3:30-5:40 pm	3:30-5:30 pm <b>DL 5:40-6:40 PM**</b> <u>AM – 5:10-6:45 am</u>	7:00-9:30 am

\*\* Swimmers scheduled for these dry lands will report under the outdoor pool deck room.

- 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. 8/30/10

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

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