

**2009- 10 PAC Fall/ Winter/ Spring Practice Schedule
Updated- 9/15/09**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dishman- Jody						
Senior	6:00- 7:00 AM @ Columbia 4:00-6:30 PM ¹	4:00- 6:30 PM ¹	6:00- 7:00 AM @ Columbia 4:00-6:30 PM ¹	4:00- 6:30 PM ¹	6:00- 7:00 AM @ Columbia 4:00-6:00 PM	7:00- 10:00 AM ²
Columbia- Tom						
Senior Prep	6:00- 7:00 AM 4:30- 6:00 PM ³	4:30- 6:00 PM ³	6:00- 7:00 AM 4:30- 6:00 PM ³	4:30- 6:00 PM ³	6:00- 7:00 AM 4:30- 6:00 PM ³	7:00- 10:00 AM ² @ Dishman
Gold	4:30- 6:00 PM ³	4:30- 6:00 PM ³	4:30- 6:00 PM ³	4:30- 6:00 PM ³	4:30- 6:00 PM ³	TBD
Silver	4:30- 6:00 PM ³		4:30- 6:00 PM ³		4:30- 6:00 PM ³	
Bronze I		4:30- 5:30 PM ^{3,#}		4:30- 5:30 PM ^{3,#}		
Bronze II		4:30- 6:00 PM ^{3,#}		4:30- 6:00 PM ^{3,#}		
Mt. Scott- Jesse						
Senior Prep	6:00- 7:00 AM ^C 4:30-6:00 PM ³	4:30- 6:00 PM ³	6:00- 7:00 AM ^C 4:30-6:00 PM ³	4:00- 5:30 PM ³	6:00- 7:00 AM ^C 4:30-6:00 PM ³	7:00- 10:00 AM ² @ Dishman
Gold	4:30- 6:00 PM ^{3,A}	4:30- 6:00 PM ^{3,A}	4:30- 6:00 PM ^{3,A}	4:30- 6:00 PM ^{3,A}	4:30- 6:00 PM ^{3,A}	TBD
Silver	4:30- 6:00 PM ^{3,A}		4:30- 6:00 PM ^{3,A}		4:30- 6:00 PM ^{3,A}	
Bronze I		4:30- 5:30 PM ^{3,A,#}		4:30- 5:30 PM ^{3,A,#}		
Bronze II		4:30- 6:00 PM ^{3,A,#}		4:30- 6:00 PM ^{3,A,#}		
SWCC- Laurie						
Senior Prep	6:00- 7:00 AM ^C 4:00-5:30 PM ³	4:00- 5:30 PM ³	6:00- 7:00 AM ^C 4:00-5:30 PM ³	4:00- 5:30 PM ³	6:00- 7:00 AM ^C 4:00-5:30 PM ³	7:00- 10:00 AM ² @ Dishman
Gold	4:00- 5:30 PM ³	4:00- 5:30 PM ³	4:00- 5:30 PM ³	4:00- 5:30 PM ³	4:00- 5:30 PM ³	TBD
Silver	4:00- 5:30 PM ³		4:00- 5:30 PM ³		4:00- 5:30 PM ³	
Bronze I		4:00- 5:00 PM ^{3,#} 5:00- 6:00 PM ^{3,#}		4:00- 5:00 PM ^{3,#} 5:00- 6:00 PM ^{3,#}		
Bronze II		4:00- 5:30 PM ^{3,#} 4:30- 6:00 PM ^{3,#,4}		4:00- 5:30 PM ^{3,#} 4:30- 6:00 PM ^{3,#,4}		

Schedule Notes: All Swimmer begin practices on Monday, September 14th. Seniors will train at Grant (4:00 PM-6:30 pm please bring shoes, shorts, shirts, and suits and your equipment). Senior Swimmers will train at Grant until Sept. 18. Mornings for Seniors and Senior Preps resume on September 14 at Columbia. SWCC swimmers will meet at Dishman on 9/14-18, arrangements are being made for SWCC swimmers as the pool will be closed until 10/12, please talk to Coach Laurie for more details. Mt. Scott will train at their pool for one week (Sept. 14-18) then swimmers will move to Columbia from 9/20- 10/02. Other closures will occur during the season (maintenance, holidays, etc). Please consult email, handouts, and swimpac.org for further details. Columbia will close over the December Holiday (12/26- 1/05). A separate Holiday Training schedule will come out in November. We are sorry for the inconvenience and if the schedule does not work please consult your coach for options during the pool closures.

¹ Team dry land will be start at 6:00 PM and will run from 15-30 minutes each night. Swimmers are expected to bring shorts, shirts and shoes to change into quickly.

² Team dry land will start at 9:00 AM and will last for 45- 60 minutes for all swimmers. All Senior and Senior Prep swimmers will participate and must have shoes and shorts ready to change into quickly.

³ All swimmers in Sr. Prep, Gold, Silver, and Bronze I,II will have additional dryland to do at practice and/ or home. Days and times will be determined by the site coach (please talk to your coach) or see emails or website.

^A During the HS Season (Nov.-Feb.), Mt. Scott swimmers lose approximately 15 minutes of practice time. Practice times for Gold and Silver Groups remain the same. However, swimmers are expected to have shoes, shorts, and shirts ready for 15 minutes of dry land.

^C Senior Preps will train in the morning with Coach Jody at Columbia pool.

[#] At the start of the season there will be one Bronze I Group at the Columbia and Mt. Scott. If the groups become too large the group may be split into two. Each group will be given one hour of water/ dry land time. SWCC will have two groups training from 4-5 pm and 5-6 pm, please pick the best time and let Coach Laurie know. Swimmers will be placed on a first come first serve basis. ⁴Coach Laurie will adjust the start time for Bronze II depending on the number of swimmers.

TBD Gold Group swimmers who show commitment, are at least 13 years of age, and have OSI 'B+' times may be invited to Saturday workouts. Swimmers under 13 may be invited to other special workouts.