

# Santa Clara Swim Club Short Course 2014-15

## Competitive Team Practice Schedule

| Group   | Monday           | Tuesday          | Wednesday        | Thursday         | Friday           | Saturday/Sun  |
|---|------------------|------------------|------------------|------------------|------------------|---------------|
| <b>Hi-Performance National Group (Coaches: John, Allison, Caleb, Courtney)</b>      |                  |                  |                  |                  |                  |               |
| ISC PM and Saturday   | 3:30-5:45PM      | 3:30-5:45PM      | 3:30-5:30PM      | 3:30-5:30PM      | 3:30-5:30PM      | 6:00-8:15AM   |
| ISC AM  | 5:30-7:00AM      |                  | 5:30-7:00AM      |                  | 5:30-7:00AM      |               |
| Dryland   | 5:45-6:30PM      |                  | 5:45-6:30PM      |                  | 5:45-6:30PM      |               |
| <b>Performance Yellow (Coaches: Brad &amp; Matt S)</b>                              |                  |                  |                  |                  |                  |               |
| ISC PM and Saturday   | 3:30-5:30PM      | 3:30-5:30PM      | 3:30-5:30PM      | 3:30-5:30PM      | 3:30-5:30PM      | 6:00-8:15AM   |
| ISC AM  | 5:30-7:45AM      |                  | 5:30-7:45AM      |                  |                  |               |
| Dryland   |                  | 5:40-6:30PM      |                  | 5:40-6:30PM      | 5:40-6:30PM      |               |
| <b>Performance Blue (Coaches: Dave &amp; Kelly)</b>                                 |                  |                  |                  |                  |                  |               |
| ISC PM and Saturday   | 3:30-5:30PM      | 3:30-5:30PM      | 3:30-5:30PM      | 3:30-5:30PM      | 3:30-5:30PM      | 6:00-8:15AM   |
| ISC AM  |                  | 5:30-7:45AM      |                  | 5:30-7:45AM      |                  |               |
| Dryland   | 5:40-6:30PM      |                  | 5:40-6:30PM      |                  | 5:40-6:30PM      |               |
| <b>Performance Prep (Coaches: Ricky, Patty, Brett)</b>                              |                  |                  |                  |                  |                  |               |
| ISC PM and Saturday   | 3:45-5:45PM      | 3:45-5:45PM      | 3:45-5:45PM      | 3:45-5:45PM      | 3:45-5:45PM      | 6:00-8:15AM   |
| ISC AM  |                  |                  |                  |                  | 5:30-6:45AM      |               |
| Dryland   | 5:55-6:25PM      | 5:55 - 6:25PM    |                  | 5:55-6:25PM      |                  |               |
| <b>High School (Michelle &amp; Kelly)</b>   |                  |                  |                  |                  |                  |               |
| ISC PM and Saturday   | 5:45-7:45PM      | 5:45-7:45PM      | 5:45-7:45PM      | 5:45-7:45PM      | 5:45-7:45PM      | 8:00-10:00AM  |
| Dryland   |                  | 5:00-5:30PM      |                  | 5:00-5:30PM      |                  |               |
| <b>Gold Girls and Boys (Coaches: Girls: Luba &amp; Brett, Boys: Mark &amp; Sam)</b> |                  |                  |                  |                  |                  |               |
| ISC PM and Saturday   | 5:45-7:45PM      | 5:45-7:45PM      | 5:30-7:30PM      | 5:30-7:30PM      | 5:30-7:30PM      | 8:00-10:00AM  |
| Girls Dryland   |                  | 5:00-5:30PM      |                  | 4:45-5:15PM      |                  |               |
| Boys Dryland  | 5:00-5:30PM      |                  | 4:45-5:15PM      |                  |                  |               |
| <b>Blue (Coaches: Matt S, Patricia, Courtney)</b>                                   |                  |                  |                  |                  |                  |               |
| ISC PM and Saturday   | 5:45-7:45PM      | 5:45-7:45PM      | 5:45-7:45PM      | 5:45-7:45PM      | 5:45-7:45PM      | 8:00-10:00AM  |
| Dryland   |                  | 5:00-5:30PM      |                  | 5:00-5:30PM      |                  |               |
| <b>Yellow 1 (Coaches: Steve, Nicole, Shelbi, Sveta)</b>                             |                  |                  |                  |                  |                  |               |
| MG and ISC Saturday   | 4:45-6:15PM      | 4:45-6:15PM      | 4:45-6:15PM      | 4:45-6:15PM      | 4:45-6:15PM      | 10:00-11:30AM |
| Dryland   | 4:15-4:35PM      |                  | 4:15-4:35PM      |                  |                  |               |
| <b>Yellow 2 (Coaches: Steve, Nicole, Shelbi, Sveta)</b>                             |                  |                  |                  |                  |                  |               |
| MG and ISC Saturday   | 3:30-4:45PM Dev. | 3:30-4:45PM Dev. | 3:30-4:45PM Dev. | 3:30-4:45PM Dev. | 3:30-4:45PM Dev. | 10:00-11:30AM |
| MG and ISC Saturday   | 6:15-7:30PM Adv. | 6:15-7:30PM Adv. | 6:15-7:30PM Adv. | 6:15-7:30PM Adv. | 6:15-7:30PM Adv. | 10:00-11:30AM |
| YB2 Adv MG Dryland  |                  | 5:45-6:05PM      |                  | 5:45-6:05PM      |                  |               |

YB2 Dev MG  
Dryland

4:55-5:15PM

4:55-5:15PM