

Clovis Swim Club  
 Fall 2021 Practice Schedule  
 Effective 8/18/21

<b>Novice Track – District Wide</b>				
<b>Group</b>	<b>Days</b>	<b>Site</b>	<b>Time</b>	<b>Coach</b>
Clovis North Novice	MWF	Clovis North	5:15-6:15pm	Katie A, Alyssa L, Cienna M
Clovis West Novice	TThF	Clovis West	5:15-6:15pm	Torie D, Nadia D
Buchanan Novice	MWF	Alta Sierra	5:15-6:15pm	Gina H, Jaylee F, Kori P
Clovis East Novice	MWF	Clovis East	4:45-5:45pm	Brooklyn W, Ruth N
<b>Developmental Track – Westside Programming</b>				
Red	M-F	Clovis North	6:00-7:15pm	Katie A
White	M-F	Clovis North	6:00-7:30pm	Olga T
Blue	M-F	Clovis North	6:00-7:30pm	Alyssa L
<b>Developmental Track – Eastside Programming</b>				
East Developmental	M-F	Clovis East	6:00-7:15pm	Brooklyn W
<b>Competitive Prep Track – Westside Programming</b>				
Developmental Prep	M-F	Alta Sierra	6:00-7:15pm	Gina H
Advanced Prep	M-F	Alta Sierra	6:00-7:30pm	Jaylee F
<b>Competitive Prep Track – Eastside Programming</b>				
East Prep	M-F	Clovis East	5:45-7:00pm	Ruth N
<b>Advanced Track – Westside Programming</b>				
Advanced Bronze	M-F	Clovis West	5:15-7:15pm	Ben E
Advanced Silver	M-F	Clovis West	5:15-7:15pm	Blake A
Advanced Gold	M-F	Clovis West	5:15-7:30pm	Omar D / Chandler T
Bronze, Silver, and Gold	Sat	Clovis North	9:00-10:30am	Assigned Weekly
<b>Advanced Track – Eastside Programming</b>				
East Advanced	M-F	Clovis East	5:00-7:00pm	Debra W

Temporary practice changes will be communicated through the Weekly Notes, email, and the Remind App. To receive text reminders from the Remind app, please follow these steps:

Text the following characters (specific to the appropriate group) to 81010

All Novice: @novcl

Red, White, Blue: @devclo

Dev Prep and Adv Prep: @prepclo

Adv Bronze, Adv Silver, Adv Gold: @aagclo

Senior Track – District Wide				
Senior Bronze (formerly Sr Prep)	M-F	Clovis West – dryland + swim	5:45-7:45pm	Tanner D
	Sat	Clovis North – swim only	9:00-10:30am	
Senior Silver (formerly Senior)	M-Th	Clovis West – swim only	5:00-7:00am	Jordan C / Jillian H
	M-Th	Clovis West – dryland + swim	4:30-7:00pm	Senior Staff
	Fri	Clovis North – dryland only	6:00-7:00am	
	Fri	Clovis West – swim only	3:30-5:30pm	
	Sat	Clovis North – swim + dryland	7:00-10:00am	
Senior Gold (formerly Elite)	M-Th	Clovis North – swim only	5:00-7:00am	Mark B / Daveen M / Gary O
	MTThF	Clovis North – dryland only <b>Directive Studies Phys Ed – by invitation only</b>	7:00-8:00am	Mark B / Daveen M
	M-Th	Clovis West – dryland + swim	4:30-7:00pm	Senior Staff
	Fri	Clovis North – dryland only	6:00-7:00am	
	Fri	Clovis West – swim only	3:30-5:30pm	
	Sat	Clovis North – swim + dryland	7:00-10:00am	

**Saturday practices will not begin until Saturday, September 11.**

**Senior Track Practice Recommendations and Requirements:**

- Senior Bronze practice recommendations: attend 5 weekly practices including dryland.
- Senior Silver requirements: attend at least 5 swim practices per week + at least 4 in person dryland sessions per week.
- Senior Gold requirements: attend at least 7 swim practices per week (prioritizing the AM swim practice) + at least 4 in person dryland sessions per week.

Temporary practice changes will be communicated through the Weekly Notes, email, and the Remind App. Most changes will be communicated DIRECTLY TO THE STUDENTS via a phone application made for group chat, called GroupMe. It is highly recommended that every Senior Track student have access to GroupMe. Parents may also be included on the GroupMe messaging pages.

To receive text reminders from the Remind app, please follow these steps:

Text the following characters (specific to the appropriate group) to 81010

All Senior: @seclo