

Clovis Swim Club
 Fall 2022 Senior Track Practice Schedule
 Effective 11/1/22

Senior Track				
Senior Bronze	M-Th	Clovis North	6:15-7:45pm	Tom Schab / Graham Hauss
Senior Silver	M-Th	Clovis North – swim + dryland	4:15-7:00pm	Jordan Capper / Jillian Hatch
	Fri	Clovis North – swim only	5:30-7:30am	
	Sat	Clovis North – swim + dryland	7:00-10:00am	
Senior Gold	M-Th	Alta Sierra – WUTS + swim	5:45-7:15am	Mark Bennett / Gary Ota / Jim Bossert
	M-Th	Clovis North – swim + dryland	4:15-7:30pm	
	Fri	Alta Sierra – WUTS + swim	5:30-7:30am	
	Sat	*Clovis North – swim + dryland	7:00-10:00am	

***Saturday practices may change locations depending on the water polo tournament schedule.**

Senior Track Practice Recommendations and Requirements:

- Senior Bronze practice recommendations: Attend all 3 weekly practices.
- Senior Silver requirements: attend at least 5 swim practices per week + all dryland.
- Senior Gold requirements: attend at least 7 swim practices per week + all dryland.

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-athlete 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: @seclo