

2023 SUMMER PRACTICE SCHEDULE

Effective May 30-July 28

****Revised Senior Group Changes May 10****

Mon	Tues	Wed	Thurs	Fri	Sat
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Age Group

Student-Athletes are only permitted at the practice time they are committed to.

Mako	5-6P	5-6P	5-6P	5-6P		10:30-11:30A
Tiger	5-615P	5-615P	5-615P	5-615P		10:30-11:45A
Hammer Head	5-630P	5-630P	5-630P	5-630P	5-630P	10-12P
Great White	5-7P	6-8A 5-7P	5-7P	6-8A 5-7P	5-7P	10:00-12:30P
JR Mako			3-5p every 30 min		3-5p every 30 min	

Senior Groups (9th-12th Grade)

NATIONAL	615-815A 330-5P	8-1015A 330-5P	730-1015A [^]	8-1015A 330-5p	8-10A	730-1030A Yoga & Swim
NATIONAL PREP	730-1015A [^] 330-5P	8-1015A 330-5P	615-845A+	8-1015A 330-5p	615-815A	7-10A Yoga & Swim
CHAMPS	730-1015A [^] 330-5P	615-815A 330-5P	730-1015A [^]	615-815A 330-5P	8-1015A	8-1030A Yoga & Swim
WTS*	SCHOOL 230-330P	LN 230-330P		SCHOOL 230-330P	LN 10-11A	
COLLEGE	615-8A	615-8A	615-8A	615-8A	615-8A	By Request
MASTERS	615-8A	12-130P	615-8A	12-130P	615-8A	As available

For all practices indicating Dryland or WR, appropriate clothing (shoes, shorts, shirts) are required.

*WR times are for student athletes completing their JR or SR year and all athletes in the National group and who are attending 4 workouts regularly at a minimum.

[^]Dryland first, then swim. +Dryland after swim