

Riptide Team Practice Schedule
 April 6 - May 31, 2020
 2020 LCM season – Effective: 04/06/20 – 05/31/20
updated 03/2/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Age Group Plus Performance National Team AM Dryland 6:00-7:00am	Age Group Plus Performance National Team AM Swim 5:45-7:15am	Age Group Plus Performance National Team AM Dryland 6:00-7:00am	Age Group Plus Performance National Team AM Swim 5:45-7:15am	Age Group Plus Performance National Team AM Dryland 6:00-7:00am	Performance National Team 8:00-10:00am	
Performance National Team 4:00-6:00pm	Performance National Team 4:00-6:00pm	Age Group Plus Performance National Team 4:00-5:45pm	Performance National Team 4:00-6:00pm	Performance National Team 4:00-6:00pm	Age Group 10:00-11:30am	
Development 6:00-7:15pm	Development 6:00-7:15pm		Development 6:00-7:15pm	Age Group Plus Age Group 6:00-7:30	Age Group Plus 10:00-11:45am	
Intro 6:00-7:00pm	Intro 6:00-7:00pm		Intro 6:00-7:00pm		Development 11:30am–12:45pm	
Age Group 7:15-8:45pm	Age Group 7:15-8:45pm		Age Group 7:15-8:45pm		Intro 11:45m-12:45pm	
Age Group Plus 7:00-8:45pm	Age Group Plus 7:00-8:45pm		Age Group Plus 7:00-8:45pm			

Friday, Saturday and Sunday practices may be altered or cancelled for Team Meets

Intro and Development will not practice on April 7, 9, 30 or May 7, 14 due to Special Olympics. Sunday practices will be added for these groups unless we have a team meet that weekend.