

CHICAGO PARK DISTRICT

CENTER OF EXCELLENCE SATURDAY DRYLAND PRACTICE

**FALL SEASON
9/12/2020 - 10/24/2020**

Where: 12th Street Beach
1200 S. Linn White Dr.
Chicago, IL 60605

When: Saturdays

Ages:
15 – 17

Time:
11:00 AM – 12:00 PM

13 – 14

12:15PM – 1:15 PM

11 – 12

1:30 PM – 2:15 PM

10 and under

2:30PM – 3:15PM

Qualification Standards

1. Be registered for team sports currently and for at least 1 season prior
2. Receive the recommendation of the local swim coach
3. Receive the approval of the Aquatic Coach
4. Coach's Discretionary Standards
 - i. Meet a minimum USA Swimming "A" time standard
 - ii. Have a USA Swimming IMX score
 - iii. Compete in USA Swimming Championships

- **Athletes will need approval from a Swim Club Aquatic Coach prior to attending.**
- **Program will be limited to 30 individuals per time slot.**
- **On foul weather days the practice will be canceled.**