

# Fall/Winter 2022-2023 Practice Schedule

TU 9.27.22 – SA 2.18.23 @ WCCHS INDOOR POOL 326 Joliet Street, West Chicago, IL

~ practice times subject to change ~

**THERE WILL NOT BE PRACTICES ON ANY HOME MEET EVENT DATES FOR YOUR LEVEL**

**-- REFER TO OUR MEET SCHEDULE/WEEKLY SHARK BITES FOR LATEST UPDATES --**

--

## 0. JUNIOR SHARKS/PRE-TEAM – with WCS Coaches

**REQUIRES A CURRENT USA SWIMMING 'FLEX' MEMBERSHIP**

This NEW level is designed for 4 & older swimmers working toward swimming unassisted across widths of the pool for FREE and BACK. Swimmers in this PRE- TEAM level will be invited to attend TWO home meets by the end of the season with the goal of legally completing and establishing race times in 25 FREE & 25 BACK.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:00PM				10-10:30AM	



After successfully establishing times in 25 FREE and 25 BACK in two separate home meets, swimmers from our JUNIOR SHARK program may 'GRADUATE' to the next training level in our program - BLUE SHARK – here they would continue to practice widths of the pool as they build their competitive swimming skills.

Further HOME meet competitions may be available – doing so would require an upgraded USA swimming membership (fee charge of ~\$65) for remainder of the fall winter season or the spring summer season if transition happens between the two training seasons.



## 1. BLUE SHARK – with Coach Dan



**REQUIRES A USA SWIMMING PREMIUM MEMBERSHIP**

New members to the sport. This group will teach the competitive strokes, starts, and turns to our newest members while preparing them to transition to the next levels in our training program. The goal is to transition groups within a season. Swimmers in the group are typically 6 & older or have Coach Dan's approval.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30PM	--	5:30-6:30PM	--	5:30-6:30PM	--	--