

# Fall/Winter 2022-2023 Practice Schedule

TU 9.6.22 – SA 2.19.22 @ WCCHS INDOOR POOL 326 Joliet Street, West Chicago, IL

**ALL COMPETITIVE LEVEL MEMBERS REQUIRE A USA SWIMMING 'PREMIUM' MEMBERSHIP**

~ practice times subject to change for events such as HS & WCS home/away meet dates~



## 1. BLUE SHARK – with Coach Dan



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.

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



## 2. LEOPARD SHARK – with Coach Kara



Swimmers must be able to swim 25 yards in 3 of the 4 strokes. Swimmers must be able to swim 15 yards of the 4th stroke. Swimmers in this group are aged 6 and older

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--	5:30-6:30PM	5:30-6:30PM	--	5:30-6:30PM	9:00-10:00AM	--



## 3. TIGER SHARK – with Coach Kara



Swimmers must be able to legally swim 25 yards of all 4 competitive strokes, 50 free and 100 IM. Emphasis will be on stroke, start and turn technique and development but will also begin to introduce endurance work including interval training.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30PM	--	6:30-7:30PM	6:30-7:30PM	6:30-7:30PM	10:00-11:00AM	--



## 4. GREY SHARK – with Coach Karl



Swimmers must be able to swim legally 50's of all 4 strokes 100 IM and the 200 free. Further work on endurance along with perfecting stroke techniques, turns, starts, & finishes. For swimmers aged 11 and Older

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00PM	6:00-7:30PM	--	5:30-7:00PM	--	8:30-10:00AM	4:00-5:30PM
XT: 7:10-7:30PM	--	--	XT: 7:10-7:30PM	--	XT: 8-8:20AM	--



## 5. GREAT WHITE SHARK – with Coach Nick/Troy



Swimmers must be able to legally swim 100's of all 4 strokes, 200 IM and the 500 Free. Emphasis is on stroke development and technique as well as high level training and competition. Swimmers in this group are generally ages 13 or older.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-9:00PM	7:00-9:00PM	7:00-9:00PM	7:00-9:00PM	--	8:30-10:00AM	4:00-5:30PM
XT: 6-6:45PM	--	XT: 6-6:45PM	--	--	XT: 7:30-8:15AM	--