

2023 FOX Long Course Early Spring Practice Schedule

This is FOX's Early Spring practice schedule, starting Wednesday 4/5. This schedule will run through the end of high school water polo season, Tuesday 5/9. This is the base schedule but there will be FREQUENT changes due to home high school water polo games, so please be sure to follow the online calendar and Weekly Update emails. There will also be a Late Spring schedule running from the end of water polo to the end school, and a summer schedule once school ends.

Group	8U B/C		8U A/B	
	<i>Swim</i>	<i>Facility</i>	<i>Swim</i>	<i>Facility</i>
Monday	6:45-7:35	NV	7:35-8:35	NV
Tuesday	6:45-7:35	NV	7:35-8:35	NV
Wednesday	6:45-7:35	NV	7:35-8:35	NV
Thursday	6:45-7:35	NV	7:35-8:35	NV
Friday	6:45-7:35	NV	7:35-8:35	NV

	TDG (Ages TBA)		TDG (Ages TBA)	
	<i>Swim</i>	<i>Facility</i>	<i>Swim</i>	<i>Facility</i>
Monday	7:15-8:15	WV	8:15-9:15	WV
Tuesday	7:15-8:15	WV	8:15-9:15	WV
Wednesday	7:15-8:15	WV	8:15-9:15	WV
Thursday	7:15-8:15	WV	8:15-9:15	WV

	9/10			
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	
Monday	6:30-7:00	7:15-8:45	Fry	Facilities Neuqua Valley (NV) 2360 95th Street, Naperville Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora Fry Family Y (Fry Y) 2120 95th Street, Naperville FMC Natatorium (FMC) 275 Plaza Dr, Westmont
Tuesday	6:30-7:00	7:15-8:45	WV	
Wednesday				
Thursday	6:30-7:00	7:15-8:45	Fry	
Friday				
Saturday		Variable	WV	

Group	11/12 Black			Group	11/12 Gold		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>		<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
Monday				Monday			
Tuesday	6:30-7:00	7:15-8:50	Fry	Tuesday	6:15-6:45	6:45-8:20	NV
Wednesday	6:30-7:00	7:15-8:50	Fry	Wednesday			
Thursday				Thursday			
Friday				Friday	6:30-7:00	7:15-8:50	Fry
Saturday		Variable	NV	Saturday		Variable	NV
Sunday	11:00-11:30	9:00-11:00a	NV	Sunday	11:00-11:30	9:00-11:00a	NV

Group	13/14			Senior		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
Monday AM					5:15-6:45a	NV
Monday				6:30-7:15	7:15-9:15	WV
Tuesday AM		5:15-6:45a	WV			
Tuesday	6:00-6:45	6:45-8:45	NV			
Wednesday AM					5:15-6:45a	NV/WV*
Wednesday	6:30-7:15	7:15-9:15	WV			
Thursday				6:00-6:45	6:45-8:45	NV
Friday	6:00-6:45	6:45-8:45	NV	6:30-7:15	7:15-9:15	WV
Saturday		TBD	FMC		TBD	FMC
Sunday		TBD	FMC		TBD	FMC

Group	High Performance		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
Monday AM		5:15-6:45	NV
Monday	6:00-6:45	6:45-8:45	NV
Tuesday			
Wednesday AM		5:15-6:45	NV/WV*
Wednesday		6:45-8:45	NV
Thursday	6:30-7:15	7:15-9:15	WV
Friday	6:30-7:15	7:15-9:15	WV
Saturday		TBD	FMC
Sunday		TBD	FMC

*Senior/HP Wednesday AM practice is split by location. Swimmers should attend practice at the school closest to them.