

2023 FOX Long Course Late Spring Practice Schedule

This schedule will be used from the end of high school water polo season (mid-May) through Monday June 5th. Our summer schedule will begin Tuesday June 6th.

Group	8U B/C		8U A/B	
Monday	6:00-6:50	NV	6:50-7:50	NV
Tuesday	6:00-6:50	NV	6:50-7:50	NV
Wednesday	6:00-6:50	NV	6:50-7:50	NV
Thursday	6:00-6:50	NV	6:50-7:50	NV
Friday	All Combined at WV. Swim 5:45-7:00. Dryland 7:00-7:30			

	TDG (9/11 Group)		TDG (11&O Group)	
Monday	5:50-6:50	WV	6:50-7:50	WV
Tuesday	5:50-6:50	WV	6:50-7:50	WV
Wednesday	5:50-6:50	WV	6:50-7:50	WV
Thursday	5:50-6:50	WV	6:50-7:50	WV

	9/10			Facilities
	Dryland	Swim	Pool	
Monday	5:15-5:45	5:45-7:15	WV	Neuqua Valley (NV) 2360 95th Street, Naperville
Tuesday		5:45-7:15	NV	
Wednesday	5:15-5:45	5:45-7:15	WV	Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora
Thursday	5:15-5:45	5:45-7:15	NV	Fry Family Y (Fry Y) 2120 95th Street, Naperville
Friday				FMC Natatorium (FMC) 275 Plaza Dr, Westmont
Saturday		9:00-10:30a	WV	

Group	11/12 Black			Group	11/12 Gold		
	Dryland	Swim	Pool		Dryland	Swim	Pool
Monday	6:50-7:20	7:20-8:55	NV	Monday	6:45-7:15	7:15-8:50	WV
Tuesday	6:50-7:20	7:20-8:55	WV	Tuesday	6:45-7:15	7:15-8:50	NV
Wednesday	6:50-7:20	7:20-8:55	NV	Wednesday	6:45-7:15	7:15-8:50	WV
Thursday	6:50-7:20	7:20-8:55	WV	Thursday	6:45-7:15	7:15-8:50	NV
Friday	6:50-7:20	7:20-8:55	NV	Friday	6:45-7:15	7:15-8:50	WV
Saturday		9:00-10:45a	NV	Saturday		9:00-10:45a	NV

Group	13/14			Senior		
	Dryland	Swim	Pool	Dryland	Swim	Pool
Monday AM					5:15-6:45	NV/WV*
Monday	4:45-5:30	5:30-7:20	NV	5:30-6:15	3:30-5:30	NV
Tuesday	4:45-5:30	5:30-7:20	WV	5:30-6:15	3:30-5:30	WV
Wednesday AM					5:15-6:45	NV/WV*
Wednesday	4:45-5:30	5:30-7:20	NV		3:30-5:30	NV
Thursday	4:45-5:30	5:30-7:20	WV		3:30-5:30	WV
Friday	4:45-5:30	5:30-7:20	NV	5:30-6:15	3:30-5:30	NV
Saturday		TBD	FMC		TBD	FMC

Group	High Performance		
	Dryland	Swim	Pool
Monday AM		5:15-6:45	NV/WV*
Monday	5:45-6:30	3:30-5:45	WV
Tuesday	5:45-6:30	3:30-5:45	NV
Wednesday AM		5:15-6:45	NV/WV*
Wednesday		3:30-5:45	WV
Thursday		3:30-5:45	NV
Friday	5:45-6:30	3:30-5:45	WV
Saturday		TBD	FMC

*M/W AM Senior/HP practices are split by location. Swimmers should attend practice at the school closest to them.