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**SSC Seniors Practice Schedule – Indiana BOT Phase 4**

***June 22nd – July 6th, 2020***

Please keep in mind for all practices:

1. All parents and swimmers MUST have a signed copy of the SSC Re-Open Policy and Waiver on file. Please be aware of all expectations and requirements within the document before you begin practicing with SSC.
2. Arrival (no more than 10 minutes early) and departure (5 minutes after) will remain the same, but we will begin to utilize multiple entry/exit points at each facility. This will allow us to shrink the time between workouts.
3. We will continue to take temperatures for staff and athletes. Coaches will operate as they have previously and continue to wear masks when interacting with athletes.
4. The athletes have done a good job with social distancing, but we will need to continue to keep this as a priority.
5. We will not be using locker rooms during this next phase - please come to the facility with swimsuit already on. Bathrooms will be available for emergency situations only, strictly on a one-at-a-time basis.

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| **SSC Senior Group Practice Schedule (June 22nd – July 6th)** |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 630-745a Srs WHITE & GREY (Hawthorns) | 545-645a Srs WHITE (Hawthorns) | 630-745a Srs WHITE & GREY (Hawthorns) | 6-7a Seniors not doing Yoga (Hawthorns) | 630-745a Srs WHITE & GREY (Hawthorns) |
| 745-9a Srs BLUE (Hawthorns) | 645-745a Srs BLUE (Hawthorns) | 745-9a Srs BLUE (Hawthorns) | 7-8a Seniors doing Yoga (Hawthorns) | 745-9a Srs BLUE (Hawthorns) |
|  | 745-845a Srs GREY (Hawthorns) | 930-1015a HIIT Workout (Zoom) | 8-9a Yoga LIVE (Hawthorns) | 930-1030a All Seniors Team Meeting and SSC TGIF Alumni Chat |
|  | 9-10a Yoga (Zoom) |  | 430-530p Srs WHITE (Stony Creek) |
|  | 7-830p ALL Seniors (Forest Park) |  | 530-630p Srs GREY (Stony Creek) |  |
|  |  |  | 630-730p Srs BLUE (Stony Creek) |  |

**Group Assignments**

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| **Seniors WHITE**Beck, Collins, Cox, Daugherty, Flanary, BGoss, MGoss, DrHershman, DomHershman, AbHowser, AmHowser, Manship, Maple, Poynter, Ribeiro, Tarin, Truxall, Wahl, Waren, Zentz | **Seniors GREY**Armstrong, Baker, Bergman, Crawford, Ding, Hua, Joesten, CJuffer, SJuffer, Jung, Kertin, Kiley, Olson, BrRatliff, CRogers, Saple, Stivers, Stolle, Vicory |
| **Seniors BLUE**Ang, Bostock, Christopher, Fisher, Gardner, Haines, CHarrison, RHarrison, AHarter, OJHarter, Hess, Newton, Pedersen, Pugh, BlRatliff, DJRogers, Sellers, Streett, Voelker, Witt |  |