

LMAC Fall 2021 Practice Schedule

September 7-November 18, 2021

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Navy/Senior	4:30-6:30 @ LP	4:30-6:30 @ LP	4:30-6:00 @ LP	4:30-6:30 @ LP		S—8:30-10:30 @ LM	S—9:00-10:30 @ LP
Navy/Senior	7:00-9:00 @ LM	7:00-9:00 @ LM	7:30-9:00 @ LM	7:00-9:00 @ LM		N—10:30-12:00 @ LM	N—10:30-12:00 @ LP
Royal (starts 9/13)	5:45-7:00 @ LM	6:30-7:30 @ LP	6:00-7:15 @ LP		5:00-6:20 @ LP		1:00-2:30 @ LM
Aqua (starts 9/13)		5:45-7:00 @ LM		5:45-7:00 @ LM	6:20-7:30 @ LP	9:00-10:15 @ LP	2:30-3:30 @ LM
Grey (starts 9/13)			6:30-7:30 @ LM		5:45-6:45 @ LM	10:15-11:10 @ LP	3:30-4:30 @ LM
White (starts 9/13)	6:30-7:30 @ LP		5:45-6:30 @ LM		6:45-7:45 @ LM	11:10-12:00 @ LP	
MM (starts 9/13)		6:00-6:45 @ LM		6:00-6:45 @ LM			
MP #1 (starts 9/13)	6:00-6:45p @ LM		6:00-6:45 @ LM				
MP #2 (starts 9/13)		6:50-7:10 @ LM		6:50-7:10 @ LM			
Diving (starts 9/13)							

Notes:

- **We WILL have a dive team** that will train 3x/week at Lower Merion High School. Most likely two (2) weeknights and Sunday afternoon.
- **Navy/Senior Registration Logistics:**
 - When you register, you'll register for the specific group to which you've been assigned: Navy OR Senior.
 - You are NOT signing up for a specific time/location, this will be assigned by Coach Kathryn based on needs given by the swimmer/family once the swimmer is registered.
- **Navy & Senior Group Training Logistics:**
 - Monday thru Thursday practices will be available at both LMHS (late evening) and Lawrence Park Swim Club (late afternoon)
 - Practice days at each location will be assigned to each swimmer based on other sports/academic schedules and NEEDS of swimmers and the parent work schedules of non-drivers.
 - "Preferences" (i.e. "it would be great to be at LM (or LP) every day") will be considered but will not carry as much weight.
 - On weekends, Navy and Senior Swimmers will split, Navy will come at the times marked "N" and Senior will come at the times marked "S".
- **November 19-Mid March:**
 - LMHS will still be available to us, with slightly less time in the evenings (this change happens every year at this time).
 - We are in regular communication with Bryn Mawr College (open to vaccinated swimmers and coaches using their pool), Saint Joseph's University (open to our swimmers and coaches using their facility but we are waiting to hear what time is available) and Villanova University (has indicated that they plan to wait until next semester to allow outside groups). Lawrence Park will be an option if we cannot acquire enough indoor water other than LMHS.
 - As I receive more concrete information from these institutions, I will keep the team informed at each step and I hope to have a winter schedule published by the end of September.
 - I am working on a winter template now, so days of the week for each group will be available prior to registration opening on August 20th, the locations and exact times will be missing for some groups until late September.