

NAC Swimming 2022-2023 Schedule

Runs from Monday, September 19 through Thursday, March 16 (or highest qualified meet)

Group	Monday	Tuesday	Wednesday	Thursday	Saturday
Senior	<i>DL: 6:25-7:00pm</i> 7:15pm-8:45pm	7:30pm-9:00pm	4:45pm-6:15pm <i>DL: 6:25-7:00pm</i>	7:45pm-9:15pm	7:45-9:45am <i>DL: 10:00-10:35am</i>
Junior	OFF	6:15pm-7:30pm	<i>DL: 6:25-7:00pm</i> 7:15pm-8:30pm	6:30-7:45pm	<i>DL: 10:00-10:35am</i> 10:45am-12:00pm
Age Group 3	OFF	6:30pm-7:30pm	<i>DL: 5:40-6:10pm</i> 6:15pm-7:15pm	6:30-7:30pm	<i>DL: 9:10-9:40am</i> 9:45-10:45am
Age Group 2	6:15pm-7:15pm	OFF	<i>DL: 5:40-6:10pm</i> 6:15pm-7:15pm	OFF	<i>DL: 9:10-9:40am</i> 9:45-10:45am
Age Group 1	<i>DL: 6:00-6:25pm</i> 6:30pm-7:15pm	5:30pm-6:15pm	OFF	<i>DL: 5:15-5:40pm</i> 5:45pm-6:30pm	OFF
Developmental 2	5:00-5:45pm	OFF	OFF	5:45pm-6:30pm	OFF
Developmental 1	5:45pm-6:30pm	OFF	OFF	5:00-5:45pm	OFF

Dryland (DL) will be conducted in the back gym at the Parisi Speed School. Dryland is considered part of the training program, and attendance will be tracked. There will be no refunds of team fees if swimmers choose to participate in the pool portion only. Dryland is only for our competitive teams, but interested developmental swimmers can email Charlene if they are interested in participating with their respective age peers.

Recommended attendance: Minimum 3 practices for Senior, Junior, and AG3; minimum 2 practices for AG2 and AG1; special accommodations made for fall sports. High school swimmers should attend at least 1-2 practices if training with their high school team. There is no attendance requirement for developmental, but swimmers are expected to join the competitive team after a full season in the developmental groups.