

# NAC Swimming 2021-2022 Schedule

Schedule in effect September 20, 2021- March 17, 2022; subject to change

Group	Monday	Tuesday	Wednesday	Thursday	Saturday
Senior	DL: 6:20-6:50pm 7:00-8:30pm	7:30-9:00pm	4:45-6:15pm DL: 6:25-6:55pm	7:30-9:00pm	8:15-10:15am DL: 10:25-10:55am
Junior	5:45-7:00pm	5:15-6:30pm DL: 6:40-7:10pm	7:15-8:30pm	DL: 5:35-6:05pm 6:15-7:30pm	OFF
Age Group 3	OFF	6:30-7:30pm	DL: 5:40-6:10pm 6:15-7:15pm	5:15-6:15pm	DL: 9:40-10:10am 10:15-11:15am
Age Group 2	DL: 5:20-5:50pm 6:00-7:00pm	OFF	OFF	6:30-7:30pm	11:15am-12:15pm DL: 12:25-12:55pm
Age Group 1	OFF	DL: 6:10-6:40pm 6:45-7:30pm	OFF	DL: 5:10-5:40pm 5:45-6:30pm	12:15-1:00pm
Developmental 2	5:00-5:45pm	OFF	6:15-7:00pm	OFF	OFF
Developmental 1	OFF	6:00-6:45pm	OFF	OFF	1:00-1:45pm

Dryland (DL) will be conducted in the back gym at the Parisi Speed School. DL 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. DL 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 1-2 practices if training with their high school team. Although we do not have an attendance policy, swimmers who do not meet the recommended standards may be asked to retry out for future clinics and seasons. There is no attendance requirement for developmental, but swimmers are expected to join the competitive team after a full season in the developmental groups.