



CMA PRACTICE SCHEDULE



Fall 2022

9/6/2022 -> 11/19/2022									
SOPO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Pre-Comp	4:00-4:45PM		5:15-6:00PM					NO PRACTICE
	White	4:00-4:45PM		5:15-6:00PM	*5:00-6:00PM				
	Blue	5:00-6:00PM	5:00-6:00PM		*5:00-6:00PM	4:00-5:00PM			
	Green	4:00-5:00PM	4:00-5:00PM	4:00-5:30PM		5:00-6:00PM	#3:00-4:30PM		
	Bronze	4:45-6:00PM	4:00-5:45PM	4:00-5:15PM		4:00-6:00PM	#3:00-4:30PM		

*Classroom session 4:30-5:00pm

#Classroom session 2:30-3:00pm

9/6/2022 -> 11/19/2022								
CAPE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Silver	7:00-8:30PM	4:00-5:30PM	3:30-5:00PM	4:00-5:30PM	3:30-5:00PM	7:00-8:30AM	NO PRACTICE
	Gold/National Team (am)		5:30-6:45AM		5:30-6:45AM		7:00-8:30AM	
	Gold/National Team (pm)	3:30-5:00PM	7:00-8:30PM	3:30-5:00PM	7:00-8:30PM	3:30-5:00PM		
	HS Prep	7:00-8:30PM		3:30-5:00PM		3:30-5:00PM		
	*Dryland	6:15-6:45PM		5:15-5:45PM				

*Dryland workouts will start on Monday 10/3/22

Morning practices will start on Tuesday 10/4/22

*****No practices on the following date/s*****
 September 16th - CMA Kickoff Party
 September 30th - CMA Intrasquad Meet
 October 10th - Indigenous Peoples Day
 October 31st - Halloween
 November 23rd-27th - Thanksgiving

PLEASE NOTE: Swim meets will take preference over practices therefore practices may be canceled on the applicable days