



# CMA PRACTICE SCHEDULE



Late Spring 2022

5/2/2022 -> 6/14/2022								
CAPE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Gold/National Team*		5:30-6:45am		5:30-6:45am		7:00-8:30am	NO PRACTICE
	Gold/National Team	3:30-5:00pm	7:00-8:30pm	3:30-5:00pm	7:00-8:30pm	3:30-5:00pm		
	Silver	3:30-5:00pm	4:00-5:30pm	3:30-5:00pm	4:00-5:30pm	3:30-5:00pm	7:00-8:30am	
	Dryland**	5:15-6:00pm		5:15-6:00pm				

\*5:30am practices for Gold/National Team will start on Tue 5/17

\*\*Dryland workouts will be held on the CEHS track behind the pool

5/2/2022 -> 6/14/2022								
SOPO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pre-Comp		4:00-4:45pm					NO PRACTICE
	White	5:15-6:00pm	4:00-4:45pm	5:15-6:00pm	4:00-4:45pm			
	Blue	4:00-5:15pm	4:45-6:00pm	4:00-5:15pm	4:45-6:00pm			
	Green	4:30-6:00pm	4:00-6:00pm	4:30-6:00pm	4:00-5:45pm			
	Bronze	4:00-5:30pm	4:00-6:00pm	4:00-5:45pm	4:00-6:00pm			

\*\*\*No practice on the following date/s\*\*\*  
5/30 -> Memorial Day