



CMA PRACTICE SCHEDULE



Summer 2022

6/18/2022 -> 8/4/2022								
CAPE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Gold/National Team (am)	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	6:30-8:00am	NO PRACTICE
	Gold/National Team (pm)	4:00-5:30pm		4:00-5:30pm				
	Silver	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	3:30-5:00pm	6:30-8:00am	
	Dryland*	5:45-6:15pm		5:45-6:15pm				

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

6/18/2022 -> 8/4/2022								
SOPO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pre-Comp		4:00-4:30pm		4:00-4:30pm			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	4:00-5:30pm	4:00-5:45pm			
	Bronze	4:30-6:00pm	4:00-6:00pm	4:00-5:45pm	4:00-6:00pm			

No practice on the following date/s
 6/20 - Juneteeth
 7/4 - Independence Day