

BREAKERS PRACTICE SCHEDULE

REVISED 1/13/2023

Group Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coaches	site
Senior	5:30-7:30 pm	6:00-7:30pm	6:00-8:00 pm	6:00-7:30 pm	4:00-6:00 pm	9:00-11:00 am	Kathy,Christiaan, Megan	WEST
Senior Dryland		4:30-5:30 pm		4:30-5:30 pm			Jen	GYM
Senior Dev'p	5:30-7:30 pm	6:00-7:30 pm	OFF	6:00-7:30pm	4:00-6:00pm	OFF	Kathy, Christiaan, Megan	
Senior Dev'p DL				4:30-5:30 pm			Jen	GYM
Gold	Jan 4:00-5:00 begin Feb 6 4:15-5:30 pm	4:00-5:00 pm	4:00-5:00pm	4:00-5:00 pm			Kathy,Chris,Reed Julia	WEST
Gold dryland	Jan 5:10-6:00 begin Feb 5:40-6:20pm						Josh	GYM
Silver		5:00-6:00pm	5:00-6:00pm	5:00-6:00pm			Kathy, Chris, Reed Julia	WEST
Silver dryland			5:10-5:50 pm				Josh	GYM
Bronze 1	5:00-6:00 pm		5:00-6:00 pm	5:00-6:00pm			Chris, Kevin, Emily	CENTRAL
Bronze 1 dryland				6:10-6:40 pm			Josh	on deck
Bronze 2	6:00-7:00 pm		6:00-7:00pm	6:00-7:00pm			Chris, Kevin, Emily	CENTRAL
Mini Breakers	4:15-5:00 pm		4:15-5:00 pm	4:15-5:00 pm			Chris,Avery,Paige	CENTRAL
UPCOMING MEETS				FEBRUARY AND MARCH	AGES			
EAST CLUSTERS	2/11 or 2/12	LAKELAND HS	SAT PM	9&10 YR OLDS		DATES TO NOTE		
<i>(THIS MEET DOES NOT HAVE ANY QUAL TIMES& SLOWER THAN STATE CUTS)</i>		LAKELAND HS	SUN AM	11-12 YR OLDS		SWIM FOR FUNZ ALL POOLS		
		LAKELAND HS	SUN PM	13-18 YR OLDS		1/25/2023		
8 & U YMCA STATE	18-Feb	HOME	2:00 PM	8&UNDER ONLY		DURING PRACTICE TIMES		
9 & OVER STATES	3/4 & 3/5	SVSU	TBD -ALL 9&OVER WITH CUTS			CENTRAL GROUPS		
	RELAY SWIMMERS FOR THE "A" RELAY GET ONE BONUS SWIM /DAY							
	OR THEY MUST QUALIFY FOR INDIVIDUAL EVENTS							
USA MEETS								
OLY	2/11 &2/12	OAKLAND UNIV	SAT/SUN PRE/FINALS 13&UP WHO QUALIFY					
ULTRA STATE MEET	3/17-3/19	MLA	ONLY QUALIFIED	OPEN				
SPEEDO SECTIONAL	3/23-3/26	INDY	ONLY QUALIFIED	OPEN				
MAGS	3/24-3/26	E.KENTWOOD	ONLY QUALIFIED	10 YR -14 YR				