

## **PRACTICE SCHEDULE:**

The practice schedules are posted on the team website: [www.rochesterswimclub.com](http://www.rochesterswimclub.com). Swimmers may **not** practice with a group other than their own. Training group schedules, particularly in relation to group size/lane space, age and ability do not have the flexibility to accommodate swimmers from other groups. Exceptions to swim with another group may only be granted by the Lead Coach, and only then for athletic reasons deemed necessary (versus personal schedule challenges). RSC offers substantial weekly practice days/options for all groups, which exceed the weekly number of recommended practices for each group.

## **JUNIOR, PRESENIOR, & SENIOR TRAINING SCHEDULES:**

The fees for our highest competition swimmers are not established solely on the months swam or practices offered, yet, swimmers in these groups may have additional or fewer practices based on the discretion of the coaches. Swimmers in these groups may have more or fewer practices offered as determined by coach to allow for preparation and/or recovery for our highest-level swimmers. Attendance policies are set by individual coaches and are dependent upon the level of commitment required for each group.

## **CANCELLED PRACTICES/MAKE-UP PRACTICES:**

There will be make-up practices when possible with coaching staff available to swimmers in the event a swimmer has a schedule conflict, or a practice cancelled due to weather or facility. These make-up practices are not level specific but available to team swimmers and staffed with a coach to allow for occasional scheduling conflicts. There will be no refunds for cancelled practices which occur infrequently.