

2022 BAC EARLY FALL PRACTICE SCHEDULE (through High School)

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	3:30 - 5:05pm	3:30 - 5:05pm	3:30 - 5:05pm	3:30 - 5:00pm	5:00 - 7:00pm	12:00 - 3:00pm	CLINICS
Or Later		7:15 - 8:50pm	7:15 - 8:50pm	7:15 - 8:50pm	8:00 - 9:30pm			
JUNIOR SQUAD 1	5th - 12th Grade	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	6:30 - 8:00pm	12:00 - 1:30pm	CLINICS
JUNIOR SQUAD 2	5th - 12th Grade	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	8:00 - 9:30pm	6:30 - 8:00pm	1:30 - 3:00pm	CLINICS
AGE GROUP DEVELOPMENT 1	2nd - 7th Grade	4:00 - 5:00pm	Off	4:00 - 5:00pm	Off	5:00 - 5:45pm	CLINICS	12:00 - 1:00pm
AGE GROUP DEVELOPMENT 2	2nd - 7th Grade	Off	4:00 - 5:00pm	Off	4:00 - 5:00pm	5:00 - 5:45pm	CLINICS	12:00 - 1:00pm
AGE GROUP DEVELOPMENT 3	2nd - 7th Grade	7:00 - 8:00pm	Off	7:00 - 8:00pm	Off	5:45 - 6:30pm	CLINICS	12:00 - 1:00pm
AGE GROUP PERFORMANCE 1	4th - 10th Grade	8:00 - 9:00pm	Off	8:00 - 9:00pm	Off	5:00 - 5:45pm	CLINICS	1:00 - 2:00pm
AGE GROUP PERFORMANCE 2	4th - 10th Grade	Off	8:00 - 9:00pm	Off	8:00 - 9:00pm	5:45 - 6:30pm	CLINICS	1:00 - 2:00pm

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc. Sunday Clinics OR Home Meets.

2022-23 BAC WINTER PRACTICE SCHEDULE (during High School Nov 10 - Feb 10) **TENTATIVE**

POOL PRACTICE GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	7:15 - 9:00pm	7:15 - 9:00pm	7:15 - 9:00pm	8:00 - 9:30pm	5:00 - 7:00pm	12:00 - 3:00pm	TBD
JUNIOR SQUAD 1	5th - 12th Grade	Off	7:15 - 8:45pm	Off	8:00 - 9:30pm	6:30 - 8:00pm	12:00 - 1:30pm	12:00 - 1:30pm
JUNIOR SQUAD 2	5th - 12th Grade	Off	7:15 - 8:45pm	Off	8:00 - 9:30pm	6:30 - 8:00pm	12:00 - 1:30pm	12:00 - 1:30pm
AGE GROUP DEVELOPMENT 1	2nd - 7th Grade	7:00 - 8:00pm	Off	7:00 - 8:00pm	Off	5:00 - 5:45pm	1:30 - 2:15pm	1:30 - 2:15pm
AGE GROUP DEVELOPMENT 2	2nd - 7th Grade	7:00 - 8:00pm	Off	7:00 - 8:00pm	Off	5:00 - 5:45pm	1:30 - 2:15pm	1:30 - 2:15pm
AGE GROUP DEVELOPMENT 3	2nd - 7th Grade	7:00 - 8:00pm	Off	7:00 - 8:00pm	Off	5:00 - 5:45pm	1:30 - 2:15pm	1:30 - 2:15pm
AGE GROUP PERFORMANCE 1	4th - 10th Grade	8:00 - 9:00pm	Off	8:00 - 9:00pm	Off	5:00 - 5:45pm	1:30 - 2:15pm	1:30 - 2:15pm
AGE GROUP PERFORMANCE 2	4th - 10th Grade	8:00 - 9:00pm	Off	8:00 - 9:00pm	Off	5:45 - 6:30pm	2:15 - 3:00pm	2:15 - 3:00pm

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc. Sundays added in lieu of HS season adjusted weekday schedule

2023 BAC EARLY SPRING PRACTICE SCHEDULE (After High School) **TENTATIVE**

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	3:30 - 5:05pm	3:30 - 5:05pm	3:30 - 5:05pm	3:30 - 5:00pm	5:00 - 7:00pm	12:00 - 3:00pm	CLINICS
Or Later		7:15 - 8:50pm	7:15 - 8:50pm	7:15 - 8:50pm	8:00 - 9:30pm			
JUNIOR SQUAD 1	5th - 12th Grade	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	6:30 - 8:00pm	12:00 - 1:30pm	CLINICS
JUNIOR SQUAD 2	5th - 12th Grade	7:15 - 8:45pm	7:15 - 8:45pm	7:15 - 8:45pm	8:00 - 9:30pm	6:30 - 8:00pm	1:30 - 3:00pm	CLINICS
AGE GROUP DEVELOPMENT 1	2nd - 7th Grade	4:00 - 5:00pm	Off	4:00 - 5:00pm	Off	5:00 - 5:45pm	CLINICS	12:00 - 1:00pm
AGE GROUP DEVELOPMENT 2	2nd - 7th Grade	Off	4:00 - 5:00pm	Off	4:00 - 5:00pm	5:00 - 5:45pm	CLINICS	12:00 - 1:00pm
AGE GROUP DEVELOPMENT 3	2nd - 7th Grade	7:00 - 8:00pm	Off	7:00 - 8:00pm	Off	5:45 - 6:30pm	CLINICS	12:00 - 1:00pm
AGE GROUP PERFORMANCE 1	4th - 10th Grade	8:00 - 9:00pm	Off	8:00 - 9:00pm	Off	5:00 - 5:45pm	CLINICS	1:00 - 2:00pm
AGE GROUP PERFORMANCE 2	4th - 10th Grade	Off	8:00 - 9:00pm	Off	8:00 - 9:00pm	5:45 - 6:30pm	CLINICS	1:00 - 2:00pm

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc. Sunday Clinics OR Home Meets.

2023 BAC EARLY SUMMER PRACTICE SCHEDULE (Memorial Day - School End) **TENTATIVE**

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	3:30 - 6:00pm	3:30 - 6:00pm	3:30 - 6:00pm	3:30 - 6:00pm	3:30 - 6:00pm	6:00 - 8:15am	Off
JUNIOR SQUAD 1	5th - 12th Grade	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	6:00 - 7:30am	Off
JUNIOR SQUAD 2	5th - 12th Grade	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	6:00 - 7:30am	Off
AGE GROUP DEVELOPMENT 1	2nd - 7th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS
AGE GROUP DEVELOPMENT 2	2nd - 7th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS
AGE GROUP DEVELOPMENT 3	2nd - 7th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS
AGE GROUP PERFORMANCE 1	4th - 10th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS
AGE GROUP PERFORMANCE 2	4th - 10th Grade	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	5:00 - 6:00pm	CLINICS	CLINICS

AG location TBD - maybe inside at FDU or outside with SNRS and JNRS

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc. Potentially indoor workouts at FDU for AG (4:00 - 5:00pm)

2023 BAC EARLY SUMMER PRACTICE SCHEDULE (School End - Season End) **TENTATIVE**

POOL PRACTICE								
GROUP		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PODS								
SENIOR SQUAD	8th - 12th Grade	6:00 - 8:15am	6:00 - 8:15am	6:00 - 8:15am	6:00 - 8:15am	6:00 - 8:15am	6:00 - 8:15am	Off
		3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	3:30 - 5:00pm	Off	Off
JUNIOR SQUAD 1	5th - 12th Grade	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	Off
JUNIOR SQUAD 2	5th - 12th Grade	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	6:00 - 7:30am	Off
AGE GROUP DEVELOPMENT 1-3	2nd - 7th Grade	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	Off	Off
AGE GROUP PERFORMANCE 1-2	4th - 10th Grade	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	7:30 - 8:15am	Off	Off

There will be practice schedule adjustments around holidays, on campus conflicts, swim meets etc.