

NORTHERN KENTUCKY CLIPPERS SWIMMING 2022-2023 Practice Schedule Session 1

Practices include water time. Lead coaches will address when swimmers are required to stay after practice for stretching/abs – this usually only last 10 minutes. Changes due to weather conditions will be posted on our web site. All swimmers should be ready for practice with required equipment (if any) at least 10 minutes before practices start. **Dry Land (DL) start immediately** *AM = morning practice before school – start date TBA*

Group & Start date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exploring Wk of Aug 29	5:30-6:30 pm	OFF	5:30-6:30 pm	OFF	DL 5:50-6:20pm 6:30-7:30 Other side of bulkhead	OFF
Learning 1 Wk of Aug 29	DL 4:50-5:20pm 5:30-6:30 pm	OFF	DL 4:50-5:20pm 5:30-6:45 pm	OFF	5:15-6:30 pm Other side of bulkhead	10:45-12:00
Learning 2 Wk of Aug 29	DL 4:50-5:20pm 5:30 - 6:45pm	OFF	DL 4:50-5:20pm 5:30 – 6:45	7:00-8:15pm	6:30-7:45pm	9:30-10:45am
Dreaming 1 Wk of Aug 29	OFF	DL 5:20-6:50 pm 7:00 - 8:30 pm	6:45 – 8:15 pm	DL 4:50-5:20pm 5:30 – 7:00 pm	6:45-8:15pm	11:45-1:15
Dreaming 2 Wk of Aug 29	6:45-8:15pm	DL 5:20-6:50 pm 7:00-8:30 pm	OFF	DL 4:50-5:20pm 5:30 – 7:00 pm	5:00 – 6:30pm	11:45-1:15
Planning 1 Wk of Aug 29	DL 5:30-6:20pm 6:30-8:15 pm	DL 4:30-5:20pm 5:30 - 7:00 pm	<u>AM – 5:10-6:45</u> 3:30 - 5:30 pm	7:00 – 8:30 pm	5:00-6:45pm	10:00 - 11:45 am DL 9:00-9:50 am
Planning 2 Wk of Aug 29	DL 5:30-6:20pm 6:30-8:15 pm	DL 4:30-5:20pm 5:30 - 7:00 pm	<u>AM – 5:10-6:45</u> 3:30-5:30 pm	7:00 – 8:30 pm	5:00-6:45pm	10:00 - 11:45 am DL 9:00-9:50am
Achieving Wk of Aug 29	<u>AM – 5:10-6:45</u> 3:30 - 5:30 pm	3:30 - 5:30 pm DL 5:40-6:40 pm	6:30 - 8:30 pm	3:30 - 5:30 pm DL 5:40-6:40 pm	<u>AM – 5:10-6:45</u> 3:30 - 5:00 pm DL 5:10-6:10pm	8:00-10:00
Performing Wk of Aug 29	<u>AM – 5:10-6:45</u> 3:30 - 5:30 pm	3:30 - 5:30 pm DL 5:40-6:40 pm	<u>AM – 5:10-6:45</u> 3:30 - 5:30 pm	3:30 - 5:30 pm DL 5:40-6:40pm	<u>AM – 5:10-6:45</u> 3:30 - 5:00 pm DL 5:10-6:10pm	8:00-10:00

- Notes**
1. No practices on Labor Day, Thanksgiving, Christmas, or New Year's Day
 2. Practices are subject to change when the team is away at a meet or for other reasons. Be sure to always check the weekly newsletters for changes.
 3. There will be a separate practice schedule for Holiday Training.
 4. Practice schedule for Session 2 (Dec. 6-March 19) and Session 3 In School (March 28- July 20) could be a different schedule.

Updated 7/26