



### CAC Fall 2021 Practice Schedule

|              | Monday          | Tuesday   | Wednesday       | Thursday  | Friday          | Saturday   |
|--------------|-----------------|---|-----------------|---|-----------------|--|
| Train 2      | *5-7a @ CCDS    |   | *5-7a @ CCDS    |   |                 | 6:30-8:30a @ CCDS, plus dryland with CFF until 9:30a |
|              | 4:30-6:30p @ UC | 4-5:30p @ CCDS, plus dryland with CFF until 6:45p | 4:30-6:30p @ UC | 4-5:30p @ CCDS, plus dryland with CFF until 6:45p | 4:30-6:30p @ UC |  |
| Train 1      |                 |   |                 |   |                 | Dryland with CFF 8:30a, 9:30-11:30a @ CCDS           |
|              | 4-5:30p @ CCDS  | 5-6:30p @ UC                                      | 4-5:30p @ CCDS  | 5-6:30p @ UC                                      | 4:30-6:30p @ UC |  |
| Transition 2 | 5:30-7p @ CCDS  | 6:45-8:15p @ CCDS                                 | 5:30-7p @ CCDS  | 6:45-8:15p @ CCDS                                 | 4-5:30p @ CCDS  | 11:30a-1p @ CCDS                                     |
| Transition 1 | 7-8:30p @ CCDS  | 6:45-8:15p @ CCDS                                 | 7-8:30p @ CCDS  | 6:45-8:15p @ CCDS                                 | 5:30-7p @ CCDS  | 1-2:30p @ CCDS                                       |
| Track 2      |                 | 5:30-6:45p @ CCDS                                 |                 | 5:30-6:45p @ CCDS                                 | 7-8:15p @ CCDS  | 2:30-4p @ CCDS                                       |
| Track 1      |                 | **5:30-6:30p @ CCDS                               |                 | **5:30-6:30p @ CCDS                               |                 | **8:30-9:30a @ CCDS                                  |

CCDS - Country Day HS. 6905 Given Road, 45243.

UC - University of Cincinnati, Campus Rec Center. 2820 Bearcat Way, 45221.

Schedule is preliminary, subject to group sizes as coaches sort out lane space. Thank you for your patience the first few weeks!

\*See Coach Carter when mornings will begin

\*\*Track 1 begins week of Oct 4