

2019-2020 Practice Adjustments

The following dates are days when there is a high school/middle school meet at CCDS or a CAC practice adjustment. Many days the schedule will remain the same for 1 or both groups. The practice time includes flex/water/dryland or weights for all groups. We may add morning or Sundays to help with scheduling.

		<u>Transition Group</u>	<u>Max Performance/Max Prep/S-1</u>
Monday November 25 th	UC	4:15-7:00 pm	OFF
Wednesday November 27 th	CCDS	8:00-11:00 am	8:00-11:00 am Includes Weights & DL
Friday November 29 th	CCDS	8:00-11:00 am	8:00-11:00 am Includes Weights & DL
Monday December 2 nd	UC	4:15-7:00 pm	4:15-6:00 pm
Wednesday December 4 th	UC	4:15-7:00 pm	4:15-6:00 pm
Thursday December 5 th	UC	AM Only @ CCDS	3:40-6:30 pm (No Senior 1)
Tuesday December 10 th	UC	4:15-5:45 pm	4:15-5:45 pm (No Senior 1)
Monday December 16 th		OFF	OFF
Wednesday December 18 th	UC	4:15-7:00 pm	4:15-6:00 pm
Tuesday January 7 th	UC	4:15-6:00 pm	4:15-6:00 pm (No Senior 1)
Wednesday January 8 th	UC	4:15-7:00	4:15-6:00 pm
Thursday January 23 rd	UC	AM Only @ CCDS	4:15-6:00 (No Senior 1)
Saturday February 1 st	CCDS	7:00-9:00 am	6:15-9:30 am (No Senior 1)

Coaches may make some additional changes to help with conflicts! We will swimmers & parents as soon as possible if any other changes are made!

Thank you for your understanding and support!

CAC Coaching Staff