



FALL / WINTER 2020 Practice Schedule

September 8-18 (First 2 Weeks)

Group	Days	Land	Swim
Red 1	Tue / Thurs / Fri	6:30-7:00 PM	7:00-7:30 PM
Red 2	Mon / Wed / Fri	6:30-7:00 PM	7:00-7:30 PM
Red 3	Mon / Wed / Fri	6:30-7:00 PM	7:00-7:30 PM
Black 1	Mon - Fri	6:00-6:30 PM	6:30-7:30 PM
Black 2	Mon - Fri	4:15-4:45 PM	4:45-6:00 PM
Black 3	Mon - Fri	4:15-4:45 PM	4:45-6:00 PM

September 21-25 (Third Week)

Group	Days	Land	Swim
Red 1	Tue / Thurs / Fri	6:30-7:00 PM	7:00-7:45 PM
Red 2	Mon / Wed / Fri	6:30-7:00 PM	7:00-7:45 PM
Red 3	Mon / Wed / Fri	6:30-7:00 PM	7:00-7:45 PM
Black 1	Mon - Fri	6:00-6:30 PM	6:30-7:45 PM
Black 2	Mon - Fri	4:15-4:45 PM	4:45-6:15 PM
Black 3	Mon - Fri	4:15-4:45 PM	4:45-6:30 PM

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September 28 Thru October (Full Schedule Begins)

Group	Days	Land	Swim
Red 1	Tue / Thurs / Fri	6:30-7:00 PM	7:00-8:00 PM
Red 2	Mon / Wed / Fri	6:30-7:00 PM	7:00-8:00 PM
Red 3	Mon / Wed / Fri	6:30-7:00 PM	7:00-8:00 PM
Black 1	Mon - Fri	5:45-6:30 PM	6:30-8:00 PM
Black 2	Mon - Fri	3:45-4:45 PM	4:45-6:30 PM
Black 3	Mon - Fri	3:45-4:45 PM	4:45-7:00 PM

Important Notes:

1. Everything is subject to change, please be patient as we work through the season start-up period.
2. Prior to beginning practice all swimmers must have submitted the MAST Return to Swim Waiver
3. All Swimmers must come to the pool ready for Dryland (wear swimming suit under shorts and T-Shirts)
4. Swimmers must wear gym shoes (or similar) for dryland part of practice
5. Enter pool through front doors
6. Put any personal items on the bleachers under the MAST record board on the blue "X's" on the bleachers
7. Parents should wait in cars to pick up swimmers after practice
8. After practice exit the pool through the door at the diving board end of the natatorium
9. Equipment: Swimmers only need swimsuits, goggles, caps & water bottles until further notice