

RSCA FALL PRACTICE SCHEDULE Fall 2020

Please note: Exact date for schedule change depends on the weather (remainder of schedule on page 2)

Welcome back to Swimming for the 2020-21 Swim Season!

Practice schedules start on the next page beginning with our Fall Schedule when some of our upper groups are outside still.

Meets will be posted online as soon as we have decided what we can do.

Rockwood Swim Club is a competitive swim program. Training without competition is counter-productive and becomes boring for the swimmer. There is no other sport you could participate in without expecting to compete. Because of this, Rockwood Swim Club will require every swimmer to compete in a minimum of two meets per season (one in the fall and one in the spring is recommended). At least one of the meets must be a Rockwood Swim Club hosted meet.

RSCA FALL PRACTICE SCHEDULE AUGUST 24-Mid October

Please note: Exact date for schedule change depends on the weather (remainder of schedule on page 2)

ROCKWOOD SOUTH @rsc_south

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	SUMMIT	EUREKA	OFF	EUREKA	SUMMIT	SUMMIT w/North
	5:30-6:45 PM	5:30-6:45 PM		6:00-7:15 PM	5:30-6:45 PM	9:00-10:15 AM
SILVER	SUMMIT	EUREKA	EUREKA w/North	OFF	SUMMIT	CMS 50M
	6:30-8:00 PM	6:30-8:00 PM	5:30-7:00 PM	Time	6:30-8:00 PM	12:00-1:30 PM
SENIOR PREP	SUMMIT	EUREKA	CMS 50M w/North	CMS 50M	SUMMIT	CMS 50M
	6:30-8:00 PM	6:30-8:00 PM	6:00-7:30 PM	6:00-7:30 PM	6:30-8:00 PM	12:00-1:30 PM

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	LAFAYETTE	CMS Indoor	OFF	CMS Indoor	CMS Indoor	SUMMIT w/South
	5:30-6:45 PM	4:45-6:00 PM		4:45-6:00 PM	4:45-6:00 PM	9:00-10:15 AM
SILVER	MARQUETTE	MARQUETTE	EUREKA W/South	OFF	MARQUETTE	CMS 50M
@RSCASilverNorth	7:00-8:30 PM	5:30-7:00 PM	5:30-7:00 PM		5:30-7:00 PM	12:00-1:30 PM
SENIOR PREP	CMS 50M	CMS 50M	CMS 50M	CMS 50M	OFF	LAFAYETTE
@RSCASeniorSPN	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM		9:30-11:00 AM

GOLD @RSCAGold

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	MARQUETTE	SUMMIT	OFF	MARQUETTE	MARQUETTE
	5:30-7:15 PM	6:45-8:30 PM	5:30-7:15 PM		5:30-7:00 PM	10:30A-12:00P

SENIOR @RSCASeniorSPN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(outside until 9/23)	CMS 50M	CMS 50M	CMS 50M	CMS 50M	CMS 50M	LAFAYETTE
	5:30-7:30 PM	5:30-7:30 pm	5:30-7:30 PM	5:30-7:30 PM	5:30-7:00 PM	9:30-11:30 AM

NATL PREP @NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CMS 50M	CMS 50M	CMS 50M	CMS 50M	CMS 50M	CMS 50M SUMMIT
	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	9-11 AM 7-9 AM

NATIONAL @mlrsc

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	CMS 50M	CMS 50M	CMS 50M	CMS 50M	OFF	CMS 50M
8:30-10:30 AM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM		6:45-9:00 AM

Follow Twitter for your group for practice changes/updates