

RSCA FALL PRACTICE SCHEDULE Fall 2022

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

Welcome back to Swimming for the 2021-22 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 16-Mid October

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

ROCKWOOD SOUTH @rsca_south

	MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
BRONZE	LAFAYETTE	EUREKA	EUREKA	EUREKA	SUMMIT	EUREKA w/North
	5:30-6:45 PM	6:15-7:30 pm	6:15-7:30 pm	6:15-7:30 pm	5:30-6:45 PM	11am--12:15pm
SILVER	SUMMIT	EUREKA	MARQUETTE w/North	summit	SUMMIT	SUMMIT w/north
	5:30-7:00 Pm	7:30-9:00 pm	5:30-7:00 pm	5:30-7:00 pm	6:30-8:00 PM	11:15am-12:45 pm
AGE GROUP DEV.	SUMMIT W/North	EUREKA	MARQUETTE w/North	Summit	off	SUMMIT
	7:00-8:30 pm	7:30-9:00 pm	7:00-8:30 pm	7:00-8:30 pm		11:15am-12:45pm

ROCKWOOD NORTH

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	LAFAYETTE	CMS INDOOR	EUREKA	CMS INDOOR	CMS INDOOR	EUREKA w/South
	5:30-6:45 pm	4:45-6:00pm	6:15-7:30 PM	4:45-6:00 pm	4:30-5:45 pm	11am-12:15 pm
SILVER	LAFAYETTE	LAFAYETTE	MARQUETTE w/South	SUMMIT	LAFAYETTE	SUMMIT w/South
@RSCASilverNorth	7-8:30 pm	7:15-8:45 pm	5:30-7:00 pm	5:30-7:00 pm	5:00-6:30 pm	11:15am-12:45 pm
AGE GROUP DEV.	SUMMIT w/South	LAFAYETTE	MARQUETTE w/South	SUMMIT	OFF	LAFAYETTE
@RSCA_AGD	7:00-8:30 pm	5:30-7:00 pm	7:00-8:30 pm	7:00-8:30 pm		10-11:30 am

GOLD

@RSCAGold

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CMS 50m	CMS 50m	CMS 50 M	CMS 50M	CMS 50 M	MARQUETTE
	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	10:30A-12:00P

SENIOR

@RSCASeniorSPN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Outside until	CMS 50M	CMS 50M	CMS 50M	CMS 50M	CMS 50M	MARQUETTE
	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	10:30-12:00 pm

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	4:00-5:30 PM	8:30-10:30am 7-9 am

NATIONAL

@mlrsca

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		6:30-8:30 AM

Follow Twitter for your group for practice changes/updates

RSCA FALL PRACTICE SCHEDULE
Starting Mid-October

ROCKWOOD SOUTH @rsca_south

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	LAFAYETTE	EUREKA	EUREKA	EUREKA	SUMMIT	EUREKA
	5:30-6:45 pm	6:15-7:30 pm	6:15-7:30 pm	6:00-7:15 PM	5:30-6:45 pm	11:00 am-12:15 pm
SILVER	SUMMIT	EUREKA	MARQUETTE w/North	SUMMIT	SUMMIT	SUMMIT w/North
	5:30-7:00 pm	7:30-9:00 pm	5:30-7:00 pm	5:30-7:00 pm	6:30-8:00 pm	11:15am-12:45 pm
AGE GROUP	SUMMIT	EUREKA	MARQUETTE w/North	SUMMIT	OFF	SUMMIT
DEV.	7:00-8:30 pm	7:30-9:00 pm	7:00-8:30 pm	7:00-8:30 pm		11:15am-12:45 pm

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	LAFAYETTE	CRESTVIEW	EUREKA	CRESTVIEW	CRESTVIEW	EUREKA
	5:30-6:45 PM	4:45-6:00 PM	6:15-7:30 pm	4:45-6:00 PM	4:45-6:00 PM	11:00 am-12:15 pm
SILVER	LAFAYETTE	LAFAYETTE	MARQUETTE w/South	SUMMIT	LAFAYETTE	SUMMIT w/South
@RSCASilverNorth	7:15-8:45 pm	7:15-8:45	5:30-7:00pm	5:30-7:00 pm	5:00-6:30 pm	11:15 am-12:45 pm
AGE GROUP	SUMMIT	LAFAYETTE	MARQUETTE w/South	SUMMIT	OFF	LAFAYETTE
DEV.	7:00-8:30 pm	7:15-8:45 pm	7:00-8:30 pm	7:00-8:30 pm		10:00-11:30 am

GOLD

@RSCAGold

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	MARQUETTE	Summit	Marquette	MARQUETTE	MARQUETTE
	5:30-7:15 PM	7:00-8:45 pm	5:30-7:15 pm	7:00-8:45 pm	5:30-7:00 PM	10:30 am-12:00 pm

SENIOR

@RSCASeniorSPN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	MARQUETTE	SUMMIT	MARQUETTE	MARQUETTE	MARQUETTE
	7:15-9:00 pm	5:30-7:15 pm	7:00-8:45 pm	5:30-7:15 pm	5:30-7:00 pm	10:30-12:00 pm

NATL PREP

@NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	EUREKA	SUMMIT	LAFAYETTE	LAFAYETTE	SUMMIT	SUMMIT
	5:30-7:30 PM	5:30-7:30 PM	5:15-7:15 PM	6:45-8:45 PM	5:30-7:00 PM	7:00-9:00 AM

NATIONAL

@mlrsca

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	LAFAYETTE	LAFAYETTE	LAFAYETTE	LAFAYETTE	OFF	MARQUETTE
8:30-10:30 AM	5:15-7:15 PM	5:15-7:15 PM	5:15-7:15 PM	5:15-7:15 PM		6:30-8:30 am

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