

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 2022-23 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.

UPDATED 8/22/22

**RSCA FALL PRACTICE SCHEDULE
August 15-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	EUREKA	EUREKA	EUREKA	SUMMIT	SUMMIT	SUMMIT
	7:15-8:30 pm	6:00-7:15 pm	6:15-7:30 pm	5:30-6:15 pm	5:30-6:45 pm	10:00-11:15 am
SILVER	SUMMIT	EUREKA	CRESTVIEW	SUMMIT	SUMMIT	SUMMIT w/north
	5:30-7:00 Pm	7:00-8:30 PM	6:00-7:30 pm	6:45-8:15 pm	6:30-8:00 PM	11:15am-12:45 pm
AGD	SUMMIT	EUREKA	CRESTVIEW	SUMMIT	OFF	SUMMIT
	7:00-8:30 pm	7:30-9:00 PM	6:00-7:30 pm	5:30-7:00 pm		11:15am-12:45pm

ROCKWOOD NORTH

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	EUREKA	CMS INDOOR	EUREKA	CMS INDOOR	CMS INDOOR	EUREKA
	7:15-8:30 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	CRESTVIEW	SUMMIT	LAFAYETTE	SUMMIT w/South
@RSCASilverNorth	7-8:30 pm	7:00-8:30 pm	6:00-7:30 pm	6:45-8:15 pm	5:00-6:30 pm	11:15am-12:45 pm
AGD	SUMMIT w/South	LAFAYETTE	CRESTVIEW	SUMMIT	OFF	LAFAYETTE
@RSCA_AGD	7:00-8:30 pm	5:30-7:00 pm	6:00-7:30 pm	5:30-7:00 pm		10-11:30 am

GOLD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CMS 50m	SUMMIT	CMS 50M	CMS 50 M	MARQUETTE
	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm	10:30am-12:15 pm

SENIOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CMS 50M	SUMMIT	CMS 50M	CMS 50M	MARQUETTE
	7:00-9:00 pm	5:30-7:30 pm	7:00-9:00 pm	5:30-7:30 pm	5:30-7:30 pm	10:30-12:30 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 @mlrsc

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	CMS 50M	CMS 50M	CMS 50M	CMS 50M	OFF	CMS 50M
8:00-10:00 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 pm

Follow Twitter for your group for practice changes/updates

UPDATED 8/22/22

RSCA FALL PRACTICE SCHEDULE
Starting Mid-October

ROCKWOOD SOUTH @rsc_south

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	EUREKA	EUREKA	EUREKA	SUMMIT	SUMMIT	SUMMIT
	7:15-8:30 pm	6:00-7:15 pm	6:15-7:30 pm	5:30-6:15 pm	5:30-6:45 pm	10:00-11:15 am
SILVER	SUMMIT	EUREKA	MARQUETTE w/North	SUMMIT	SUMMIT	SUMMIT w/North
	5:30-7:00 pm	7:00-8:30 PM	5:30-7:00 pm	6:45-8:15 pm	6:45-8:15 pm	11:15am-12:45 pm
AGD	SUMMIT	EUREKA	MARQUETTE w/North	SUMMIT	OFF	SUMMIT
	7:00-8:30 pm	7:30-9:00 PM	7:00-8:30 pm	5:30-7:00 pm		11:15am-12:45 pm

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	EUREKA	CRESTVIEW	EUREKA	CRESTVIEW	CRESTVIEW	EUREKA
	7:15-8:30 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	7:00-8:30 pm	7:00-8:30 pm	5:30-7:00pm	6:45-8:15 pm	5:00-6:30 pm	11:15 am-12:45 pm
AGD	SUMMIT	LAFAYETTE	MARQUETTE w/South	SUMMIT	OFF	LAFAYETTE
@RSCA_AGD	7:00-8:30 pm	5:30-7:00 pm	7:00-8:30 pm	5:30-7:00 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	7:15-9:00 pm	5:30-7:15 pm	7:15-9:00 pm	5:30-7:15 pm	10:30 am-12:15 pm

SENIOR @RSCASeniorSPN

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

NATIONAL @mlrsc

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	LAFAYETTE	LAFAYETTE	LAFAYETTE	LAFAYETTE	OFF	MARQUETTE
8:00-10:00 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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