2014 Pre-Season Practice Schedule (Thursday, May 15 - Friday, May 23)					
Team	Monday	Tuesday	Wednesday	Thursday	Friday
8&U Silvers	3:45 - 4:30 p.m.	3:45 - 4:30 p.m.	3:45 - 4:30 p.m.	3:45 - 4:30 p.m.	3:45 - 4:30 p.m.
9-10's	4:30 - 5:30 p.m.	4:30 - 5:30 p.m.	4:30 - 5:30 p.m.	4:30 - 5:30 p.m.	4:30 - 5:30 p.m.
11-12's	5:30 - 6:30 p.m.	5:30 - 6:30 p.m.	5:30 - 6:30 p.m.	5:30 - 6:30 p.m.	5:30 - 6:30 p.m.
13-18's	6:30 - 7:30 p.m.	6:30 - 7:30 p.m.	6:30 - 7:30 p.m.	6:30 - 7:30 p.m.	6:30 - 7:30 p.m.

2014 Pre-Season Practice Schedule (Tuesday, May 27 - Friday, May 30)					
Team	Monday	Tuesday	Wednesday	Thursday	Friday
8&U Silvers	Memorial Day	5:00 - 5:45 p.m.	5:00 - 5:45 p.m.	5:00 - 5:45 p.m.	5:00 - 5:45 p.m.
9-10's		5:45 - 6:30 p.m.	5:45 - 6:30 p.m.	5:45 - 6:30 p.m.	5:45 - 6:30 p.m.
11-12's		6:30 - 7:15 p.m.	6:30 - 7:15 p.m.	6:30 - 7:15 p.m.	6:30 - 7:15 p.m.
13-18's		7:15 - 8:00 p.m.	7:15 - 8:00 p.m.	7:15 - 8:00 p.m.	7:15 - 8:00 p.m.

2014 Regular Season Practice Schedule (Monday, June 2 - Friday, July 25)					
Team	Monday	Tuesday	Wednesday	Thursday	Friday
13-18's AM Group	6:00 - 7:30 a.m.	6:00 - 7:30 a.m.	6:00 - 7:30 a.m.	6:00 - 7:30 a.m.	6:00 - 7:30 a.m.
11-12's	7:00 - 8:15 a.m.	7:00 - 8:15 a.m.	7:00 - 8:15 a.m.	7:00 - 8:15 a.m.	7:00 - 8:15 a.m.
9-10's	8:00 - 9:15 a.m.	8:00 - 9:15 a.m.	8:00 - 9:15 a.m.	8:00 - 9:15 a.m.	8:00 - 9:15 a.m.
8&U Silvers	9:00 - 10:00 a.m.	9:00 - 10:00 a.m.	9:00 - 10:00 a.m.	9:00 - 10:00 a.m.	9:00 - 10:00 a.m.
8&U Blue/Bronze* (Pre-Teams)	6:00 - 7:00 p.m.	6:00 - 7:00 p.m.	6:00 - 7:00 p.m.	6:00 - 7:00 p.m.	NA
13-18's PM Group	7:00 - 8:30 p.m.	7:00 - 8:30 p.m.	7:00 - 8:30 p.m.	7:00 - 8:30 p.m.	NA

NOTES:

* Blue & Bronze Team Season is from Monday, June 2 - Thursday, July 17

13-18's AM Group will swim from 6-7:15 then have dry land training from 7:15 -7:30

11-12's will have dry land training from 7:00-7:15 then swim from 7:15-8:15

9-10's will have dry land training from 8:00-8:15 then swim from 8:15-9:15

8&U Silvers will have dry land training from 9:00-9:15 then swim from 9:15-10:00