

Tentative 2020 - 2021 SCSC Mount Pleasant and Danny Jones Practice Schedule After High School (Oct. 12th - June)										
Mini	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Laurie Morrin	Coach Laurie Morrin	10 & U	Mini MOC 1	RLJones	RL Jones D 4:00-4:15P S 4:15-4:55P		RL Jones S 4:20-5:00P			RL Jones S 8:00-9:00A
	Coach Laurie Morrin	10 & U	Mini MOC 2	Park West/RL Jones	Park West D 4:15-4:30P S 4:30-5:10P		Park West S 4:30-5:10P			RL Jones S 8:00-9:00A
	Coach Laurie Morrin	10 & U	Mini MOC 3	Park West/RL Jones		Park West D 4:15-4:30P S 4:30-5:10P		Park West S 4:30-5:10P		RL Jones S 8:00-9:00A
Age Group	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Courtney Beach	Coach Laurie Morrin	8 - 11	Age Group Yellow	RLJones	RL Jones S 4:55-5:55P D 5:55-6:25P		RL Jones S 5:00-6:15P		RL Jones S 3:30-4:15P	
	Coach Courtney Beach	9 - 12	Age Group Orange - 1	RLJ		RL Jones S 4:15-5:30	RL Jones S 6:15-7:15P		RL Jones S 4:15-5:00P D 5:00-5:30P	RL Jones D 6:30-7:00A S 7:00-8:00A
	Coach Courtney Beach	9 - 12	Age Group Orange - 2	RLJ		RL Jones S 4:15-5:30	Park West S 5:10-6:10P		RL Jones S 4:15-5:00P D 5:00-5:30P	RL Jones D 6:30-7:00A S 7:00-8:00A
	Coach Courtney Beach	9 - 12	Age Group Blue - 1	RLJ/DJ	RL Jones S 5:55-6:55P	RL Jones S 5:30-6:30P D 6:30-7:00P		RL Jones S 4:15-5:15P	RL Jones S 5:00-5:45P D 5:45-6:15P	Danny Jones S 8:00-9:30A D 9:30-10:00A
	Coach Courtney Beach	9 - 12	Age Group Blue - 2	RLJ/DJ	Park West S 6:10-7:10P	RL Jones S 5:30-6:30P D 6:30-7:00P		Park West S 5:10-6:10P	RL Jones S 5:00-5:45P D 5:45-6:15P	Danny Jones S 8:00-9:30A D 9:30-10:00A
Junior Division	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Meredith David	Coach Reid McGowan	12 - 14	Junior Yellow	RLJ/PW	RL Jones D 6:25-6:55P S 6:55-8:00P		RL Jones S 7:15-8:15P	S 5:15-6:30P D 6:30-7:00P	Park West S 4:15-5:15P	RL Jones D 6:30-7:00A S 7:00-8:00A
	Coach Meredith David	12 - 14	Junior Orange - 1	PW/DJ	Park West S 5:10-6:10P	Danny Jones D 4:30-5:15P S 5:15-7:00P	Park West S 5:30-7:00A OR Danny Jones D 4:30-5:15P S 5:15-7:00P	Park West S 6:10-7:10P	Park West S 4:15-5:15P	Danny Jones S 6:00-8:00A D 8:00-8:30A
	Coach Meredith David	12 - 14	Junior Orange - 2	PW/DJ	Park West S 6:10-7:10P	Danny Jones D 4:30-5:15P S 5:15-7:00P	Park West S 5:30-7:00A OR Danny Jones D 4:30-5:15P S 5:15-7:00P	Park West S 5:10-6:10P	Park West S 5:15-6:15P	Danny Jones S 6:00-8:00A D 8:00-8:30A
	Coach Rhett Wisener	13 - 15	Junior Blue	DJ / PW	Danny Jones D 4:30-5:15P S 5:15-7:15P	Park West S 5:10-6:45P	Danny Jones D 4:30-5:15P S 5:15-7:00P	Park West S 5:30-7:00A AND Danny Jones D 4:30-5:15P S 5:15-7:00P	Park West S 5:15-6:15P	Danny Jones S 6:00-8:00A D 8:00-8:45A
Senior Division	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Avery Adams	Coach Meredith David	Freshmen & Up	Senior Orange	PW/DJ	Park West S 7:10-8:10P	Park West D 6:00-6:45P S 6:45-8:10P	Danny Jones S 5:15-7:00P	Park West S 7:10-8:10P	Park West OR Danny Jones D 4:30-5:15P S 5:15-7:15P	Danny Jones S 6:00-8:00A D 8:00-8:30A
	Coach Avery Adams & Coach Dave Horton	Freshmen & Up	Senior Blue	DJ / PW	Park West S 5:30-7:00A AND Danny Jones D 4:30-5:15P S 5:15-7:15P	Danny Jones D 4:30-5:15P S 5:15-7:00P	Park West S 6:45-8:10P	Danny Jones D 4:30-5:15P S 5:15-7:00P	Danny Jones D 4:30-5:15P S 5:15-7:15P	Danny Jones D 7:15-8:00A S 8:00-10:00A
	Coach Avery Adams	15-18	Senior Gold	DJ / PW	Danny Jones D 4:30-5:15P S 5:15-7:15P	Park West S 5:30-7:00A AND Danny Jones D 4:30-5:15P S 5:15-7:15P	Park West S 5:10-6:45P	Danny Jones D 4:30-5:15P S 5:15-7:15P	Park West S 5:30-7:00A AND Danny Jones D 4:30-5:15P S 5:15-7:15P	Danny Jones D 7:15-8:00A S 8:00-10:00A
Gator Groups	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Reid McGowan	MOC Orange Swimmers are to choose 2 of the 3 offered practices; MOC Blue Swimmers are to choose 3 of the 4 offered practices									
	Coach Laurie Morrin	10 & U	MOC Orange	RLJones		Park West S 4:30 - 5:10P		Park West S 4:30 - 5:10P	RL Jones S 3:30-4:15P	
Coach Reid McGowan	11 & O	MOC Blue	Park West/RL Jones		Park West S 7:10-8:10P		RL Jones S 7:15-8:15P	RL Jones S 5:15-6:15P	Park West S 4:15-5:15P	