

**Tentative 2020 - 2021 SCSC NCAC Location Practice Schedule Starting Oct. 13th**

Mini	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Laurie Morrin	Coach Sara Cavallon	10 & U	Mini MOC M/W/TH	NCAC	NCAC D 3:45-4:00P S 4:00-4:45P		NCAC S 4:00-4:45P	NCAC S 4:00-4:45P		
	Coach Sara Cavallon	10 & U	Mini MOC T/W/F	NCAC		NCAC D 3:45-4:00P S 4:00-4:45P	NCAC S 4:00-4:45P		NCAC S 4:00-4:45P	
Age Group	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Courtney Beach	Coach Jessica Ballard	8 - 11	Age Group Yellow	NCAC	NCAC S 4:45-5:45P		NCAC D 3:30-4:00P S 4:00-5:00P		NCAC S 4:45-5:45P	
	Coach Doug Fetchen	9 - 12	Age Group Orange	NCAC	NCAC D 3:30-4:00P S 4:00-5:00P	NCAC S 4:00-5:00P		NCAC D 3:30-4:00P S 4:00-5:00P	NCAC S 4:00-5:00P	
	Coach Dave Horton	9 - 12	Age Group Blue	NCAC	NCAC S 5:00-6:00P D 6:00-6:30P	NCAC D 5:30-6:00P S 6:00-7:00P		NCAC S 5:00-6:00P D 6:00-6:30P	NCAC S 5:45-7:00P	NCAC S 8:00-9:00A
Junior Division	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Meredith David	Coach Sara Cavallon	12 - 14	Junior Yellow	NCAC	NCAC S 5:45-6:45P	NCAC D 5:30-6:00P S 6:00-7:15P	NCAC D 6:30-7:00P		NCAC S 5:00-6:00P D 6:00-6:30P	NCAC S 7:00-8:00A
	Coach Doug Fetchen	12 - 14	Junior Orange	NCAC	NCAC S 5:00-6:15P D 6:15-7:00P	NCAC S 5:00-6:30P	NCAC D 6:30-7:15P	NCAC D 6:30-7:00P	NCAC S 5:00-6:00P	NCAC S 7:00-8:45A
	Coach Doug Fetchen	13 - 15	Junior Blue	NCAC / DJ	NCAC S 6:00-7:45P	NCAC S 5:00-6:45P D 6:45-7:15P	NCAC S 6:00-7:30A <b>And</b> NCAC S 5:00-6:30P D 6:30-7:15P	NCAC D 6:30-7:15P	NCAC S 5:00-6:30P	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 Dave Horton	Freshmen & Up	Senior Orange	NCAC	NCAC S 6:00-7:15P	NCAC S 5:00-6:15P	NCAC S 5:00-6:45P D 6:45-7:30P	NCAC D 5:30-6:00P S 6:00-7:45P	NCAC S 5:00-7:00P	NCAC D 6:30-7:00A S 7:00-8:00A
	Coach Dave Horton	Freshmen & Up	Senior Blue	NCAC / DJ	NCAC S 6:00-7:45P	NCAC S 5:00-6:45P D 6:45-7:15P	NCAC S 6:00-7:30A <b>And</b> NCAC S 5:00-6:45P D 6:45-7:30P	NCAC D 5:30-6:00P S 6:00-7:45P	NCAC D 4:30-5:00P S 5:00-7:00P	Danny Jones D 7:15-8:00A S 8:00-10:00A
	Coach Avery Adams	15-18	Senior Gold	Danny Jones	Danny Jones D 4:30-5:15P S 5:15-7:15P	Park West S 5:30-7:00A 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 D 4:30-5:15P S 5:15-7:15P	Danny Jones D 7:15-8:00A S 8:00 - 10:00A
MOC Groups	Lead Coach	Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coach Sara Cavallon	Coach Jessica Ballard	10 & U	MOC Orange	NCAC		NCAC S 4:45-5:30P	NCAC S 4:45-5:30P	NCAC S 4:45-5:30P		
	Coach Sara Cavallon and Coach Dave Horton	11 & O	MOC Blue	NCAC	NCAC S 5:45-6:45P		NCAC S 5:30-6:30P		NCAC S 5:00-6:00P	NCAC S 8:00-9:00A

MOC Orange Swimmers are to choose 2 of the 3 offered practices; MOC Blue Swimmers are to choose 3 of the 4 offered practices