

## **Aberdeen Swim Club – Fall 2020 Practice Schedule & Home Meet Schedule**

### **Practice schedule:**

Practice will be held at the NSU Barnett Center pool. ASC Swimmers will use the south main hallway restrooms for changing & restroom use. During certain scheduled NSU events our team may be able to enter through the pool locker rooms. Notice will be provided to the team by email or when the swimmers arrive to practice.

### **ASC Practice Groups:**

Level I – Monday, Tuesday, Thursday 6:15-7:15 -No practice Wednesday or Friday

Level II – Mon, Tues, Thurs 6:15-7:15, Fri 5:15-6:15(No practice Wednesday)

Level III – Monday to Thursday-5:00-6:15

Friday- 5:15 to 6:30

Level IV - Monday - Thursday 5:00-6:30, Friday 5:15-6:30pm

Levels V & VI

Monday 6:45-8:45pm

Tuesday and Thursday 6:30 to 8:30pm

Wednesday – 6:30-8:15pm

Friday – 4:00-5:30 pm

\*Tuesday & Thursday-circuit training swimmers need to bring tennis shoes and shorts for levels IV, V and IV.-This will begin October 21st.

### **High School Lettering requirements:**

Starting Wednesday November 6 – Wednesday February 19

Practice for swimmers 7th grade and older. 6:00- 7:10am

\*\*No Morning practice December 13, 16, January 6, 20, 24, 27, February 17.

**No practice for level 1-4 due to NSU Basketball games. Friday January 24, Friday January 31, Friday February 21.**

**No Practice dates** – Other days may occur due to Barnett Center being closed any additional days will be posted on the team website and notice will be provided by email.

**Practice changes may occur** - There are some dates we may need to change practice times during certain NSU basketball games, if we have any other changes we will notify you about these via email.

**Final practice dates 2020**– Thursday Feb. 20 for those not qualifying for state championship meet, Feb. 26 for those qualifying for the state meet, or a later date for those qualifying for sectionals(March 11) or additional meets (depending on final competition).

**Home Meets:** Spooktacular October 26<sup>th</sup> and Home Meet January 4-5 are held at the YMCA.