

BARRACUDA SWIM CLUB of NORTHEAST TENNESSEE
2021 SUMMER TRAINING SCHEDULE - JOHNSON CITY SITE

L = Legion Street Pool S = SHHS Weight Room F = Freedom Hall Pool K = Kingsport Aquatic Center
 SW = Swim DL = Dryland WT = Weights

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Training Group	5/2	5/3	5/4	5/5	5/6	5/7	5/8
WEEK 39	SENIOR		OFF	OFF	OFF	OFF	OFF	Kingsport
	PRESENIOR		DL 6:30-7:00 PM F	SW 7:00 - 8:30 PM F	DL 6:30-7:00 PM F	SW 7:00 - 8:30 PM F	SW 7:00 - 8:30 PM F	Meet at KAC
	SILVER A		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F			
	SILVER B		SW 5:20-6:50 PM F		SW 5:20-6:50 PM F		SW 5:20-6:50 PM F	
	BLUE A		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F	
	BLUE B			SW 5:20-6:35 PM F		SW 5:20-6:35 PM F		
	GREEN A MW GREEN A TTH GREEN B TTH		SW 4:00-5:00 PM F	SW 6:45-8:00 PM F	SW 4:00-5:00 PM F	SW 6:45-8:00 PM F	SW 4:00-5:00 PM F	SW 6:45-7:45 PM F
	Training Group	5/9	5/10	5/11	5/12	5/13	5/14	5/15
WEEK 1	SENIOR	Kingsport	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	
	PRESENIOR	Meet at KAC	DL 6:30-7:00 PM F	SW 7:00 - 8:30 PM F	DL 6:30-7:00 PM F	SW 7:00 - 8:30 PM F	SW 7:00 - 8:30 PM F	
	SILVER A		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F			
	SILVER B		SW 5:20-6:50 PM F		SW 5:20-6:50 PM F		SW 5:20-6:50 PM F	SW 9:15-10:45 AM F
	BLUE A		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F	SW 9:15-10:45 AM F
	BLUE B			SW 5:20-6:35 PM F		SW 5:20-6:35 PM F		SW 10:15-11:00 AM F
	GREEN A MW GREEN A TTH GREEN B TTH		SW 6:45-8:00 PM F	SW 4:00-5:00 PM F	SW 6:45-8:00 PM F	SW 4:00-5:00 PM F	SW 6:45-8:00 PM F	SW 10:15-11:00 AM F
	Training Group	5/16	5/17	5/18	5/19	5/20	5/21	5/22
WEEK 2	SENIOR		SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	BSC MEET
	PRESENIOR		DL 6:30-7:00 PM F	SW 7:00 - 8:30 PM F	DL 6:30-7:00 PM F	SW 7:00 - 8:30 PM F	SW 7:00 - 8:30 PM F	at KAC
	SILVER A		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F			
	SILVER B		SW 5:20-6:50 PM F		SW 5:20-6:50 PM F		SW 5:20-6:50 PM F	
	BLUE A		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F	
	BLUE B			SW 5:20-6:35 PM F		SW 5:20-6:35 PM F		
	GREEN A MW GREEN A TTH GREEN B TTH		SW 6:45-8:00 PM F	SW 4:00-5:00 PM F	SW 6:45-8:00 PM F	SW 4:00-5:00 PM F	SW 6:45-8:00 PM F	
	Training Group	5/23	5/24	5/25	5/26	5/27	5/28	5/29
WEEK 3	SENIOR	BSC MEET	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	SW 3:15-5:10 PM F	
	PRESENIOR	at KAC	DL 6:30-7:00 PM F	SW 7:00 - 8:30 PM F	DL 6:30-7:00 PM F	SW 7:00 - 8:30 PM F	SW 7:00 - 8:30 PM F	
	SILVER A		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F			
	SILVER B		SW 5:20-6:50 PM F		SW 5:20-6:50 PM F		SW 5:20-6:50 PM F	
	BLUE A		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F		SW 7:00 - 8:30 PM F	
	BLUE B			SW 5:20-6:35 PM F		SW 5:20-6:35 PM F		
	GREEN A MW GREEN A TTH GREEN B TTH		SW 6:45-8:00 PM F	SW 4:00-5:00 PM F	SW 6:45-8:00 PM F	SW 4:00-5:00 PM F	SW 6:45-8:00 PM F	